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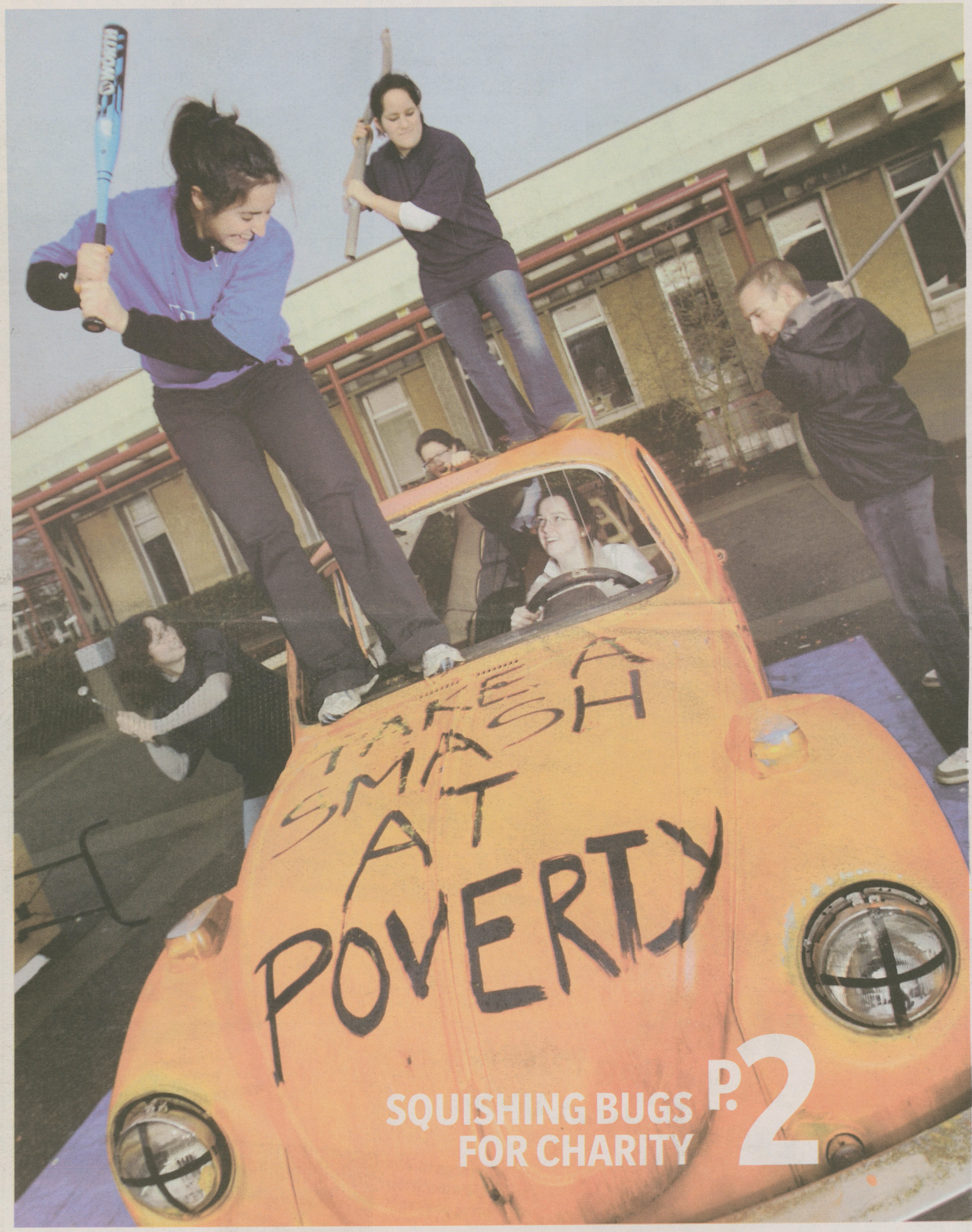
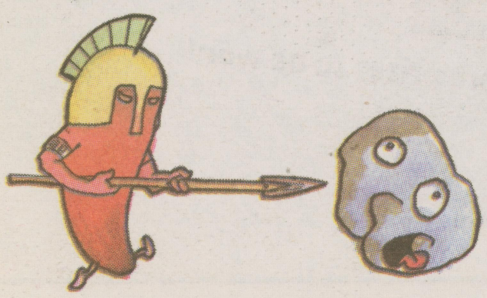
MARTLET

The University of Victoria's Independent Newspaper | www.martlet.ca
Volume 59, Issue 18 | Thursday, January 18, 2007| Smashing and pounding for 59 years

More transit routes 5
New space for artists 16
Snoop Dogg's old tricks 16
Cellphone sports 20



SQUISHING BUGS FOR CHARITY P. 2



Ten days of detox 12

Our reporter delves into a controversial cleanse and comes up with her own conclusions.

Joggling's balancing act 21

Students struggle to balance school with work. Jogglers juggle running with, well, juggling.

NEWS 2
OPINIONS 10
FEATURE 12
ARTS 14
SPORTS 19
CLASSIFIEDS 22
COMICS 23

UVIC: A BIRD'S EYE VIEW

WESLEY SCOTT PHOTO

This shot of UVic was taken from a small plane this January.

Lead pipes for poverty

UVic event raises profile of Engineers Without Borders

by Jillian Lang

WILLIE LI PHOTO

Students bash up an old Volkswagen Beetle on Jan. 9.

"Smash the crap out of poverty" started at midday on Jan. 9 in front of the Student Union Building. The point of the event wasn't just to have students hammer the orange Volkswagen bug with bats; it was to get them thinking about poverty and to raise awareness about Engineers Without Borders (EWB).

"While smashing a car doesn't solve poverty, just having the word 'poverty' out there can get people thinking," said Katie Tanigawa, co-vice-president of the EWB high school outreach program.

According to Tanigawa, the car smash proved successful for the group, and the afternoon wrapped up with a totaled car.

Some students paid $1 to bash the car for one minute, while many students donated hard-earned pennies.

The group raised $40 by the end of the afternoon.

"It was really an outreach event to get people asking questions about global poverty, sustainability, technology and the EWB," said Tanigawa. "Change starts by asking key questions."

EWB-UVic is one of 27 university chapters across Canada that volunteers time and money to work toward goals of the Make Poverty History campaign, an international call to action started six years ago when the United Nations created the Millennium Development Goals with the hope of cutting world poverty in half by 2015.

The EWB's mission is "to promote human development through access to technology."

The question remains—why a bat?

"A sledgehammer was considered," Tanigawa said. "We actually had a selection of 'weapons' for people to choose from, including a bat, a thin metal pole, your average hammer and a lead pipe. The sledge hammer got vetoed, I think, because some people thought it would wreak too much damage all at once."

The group is planning another event for Engineers Without Borders Day, which falls on Mar. 2, according to Nicole Fornelli, the president of the high school outreach program.

"We're still in the brainstorming stage," she said, adding that the group doesn't plan to bash another car in the immediate future.

EWB-UVic welcomes new members of all disciplines from the university.

Tanigawa is pursuing a double major in poetry and English, while Fornelli is working toward a degree in political science.

Nick Mathers remembered

by Matthew Gauk

David is in the kitchen, darting back and forth making a mighty morning meal for his tall, doe-eyed Rhodesian Ridgeback.

"She was Nick's love," David says of the dog.

This is the home of David Mathers, a retired English teacher whose son Nicholas, a first-year UVic student, was killed in a hit and run one year ago on Jan. 19. Mathers lives alone, and he has to clear off his kitchen table for the interview because there's no one to eat dinner with anymore and it's cluttered.

Nicholas, then 18, was cycling home early in the morning on Richmond Road when he was struck from behind near Newton Street. Byron Kuc, a 33-year-old Victoria man, was arrested shortly thereafter and charged with failing to stop at the scene of an accident.

Kuc stated in court that on the night of the accident he had been at a pub and while he had six beers over a period of six hours, he did not believe that his ability to drive was impaired.

Kuc plead guilty to the single charge of failing to stop and was sentenced to six months in prison for his crime. A parole board hearing on Jan. 8 denied him early parole. His release date is scheduled for Mar. 15.

"There's a huge gap between the crime of hit and run and knowingly, perhaps, leaving someone to die, and what the courts are handing out as sentences," said Mathers. He's troubled that in Canada an intoxicated driver is better off to leave the scene of an accident, even if someone is hurt or dying, rather than staying to help and taking full responsibility for their actions. The Crown, he said, only lays charges that they know they can prove. While the charge of which Kuc was found guilty carries a maximum sentence of life in prison, Canadian legal precedent has set relatively lenient sentences for this crime.

"I believe that the judge and the parole board did their best, it's just that given current legal practice, they couldn't do anything else."

The parole board was concerned about Kuc's decision not to stop and investigate the "thump" on his vehicle, characterizing it as a lack of insight on his part. It also stated that his thinking process remains an issue, as future behaviour can be predicted by past behaviour, adding that he "could conceivably make a similar decision."

According to the offender release plan put out by the parole board, Kuc stated, "'This crime was an accident and I panicked and left the scene. It was a wrong decision and I still regret it.'"

Yet the board is concerned that Kuc has not taken the opportunity to participate in a prison-administered substance abuse assessment to determine if he needs to address his drinking.

"He has addressed his grief surrounding the death of his victim, but it is not apparent that he has an appreciation of the depth of despair of the parents of his victim," wrote the parole board.

LINLEY FAULKNER PHOTO

Mather's memorial.

Nicholas's mother, who works at UVic Printing Services, has said she's disappointed that an attempt was made to blame her son for the accident by saying he was wearing all black clothing, was not properly illuminated and was not wearing a helmet.

David Mathers said that he has lost faith in the justice system and that he feels let down. Only by passing legislation through the federal government, such as new impaired driving legislation brought forward by the Conservative Party and supported by M.A.D.D. Canada, can people change the system, according to Mathers. He's careful, however, to distinguish impaired driving from impaired driving leading to a hit and run.

"I've heard, 'It's not my fault' all along the line," Mathers said. "The only thing that keeps me alive is my love for my second son and the hope that the law will be changed, that Nick's death maybe resulted in saving someone else's life."

PROVIDED PHOTO

Danika Overmars's life changed after she volunteered at UVic.

A change of heart

by Lindsay Lafreniere

As the result of many "eye-opening experiences" as a UVic peer helper, Danika Overmars has decided to change her career path from medicine to counselling, despite the obvious salary decrease.

"Peer Helping is an awesome program. You gain friends and counselling skills but also relationship skills," said Overmars. "It is for students who believe they don't need professional counselling but rather just need a place to talk informally with other students."

Overmars has been volunteering as a peer helper for three years. On top of earning her degree in biology and psychology, she also devotes six to nine hours a week to helping fellow students.

"We help students with problems concerning relationships, stress and anxiety, career planning and also loneliness and homesickness at the beginning of the year," explained Overmars. "We believe that students have the capability to solve their problems on their own. We mostly listen and provide referrals to other campus resources."

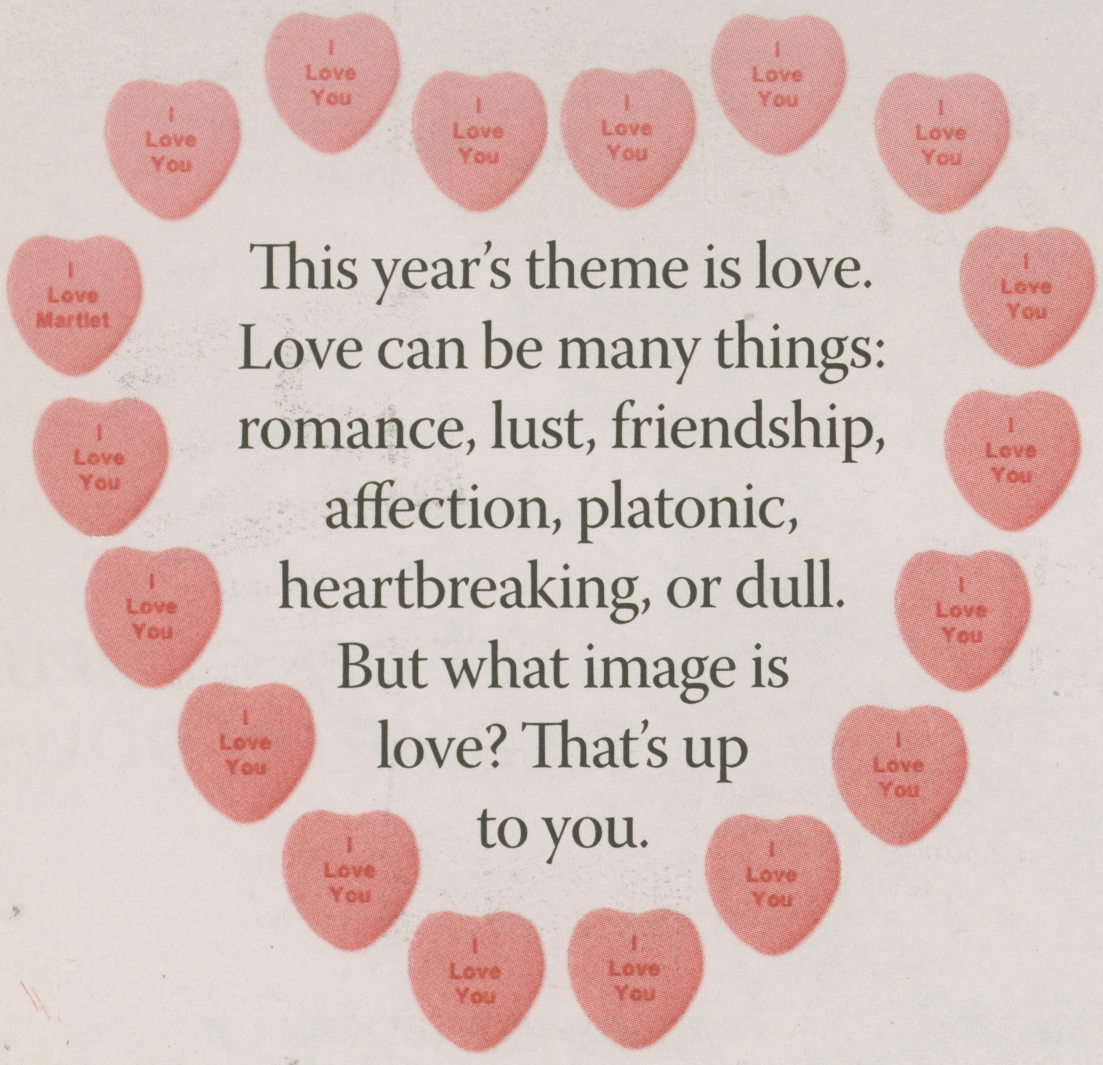
While medicine and counselling both share the goal of helping people solve their problems, Overmars believes her skills—mostly her communication abilities—will be best suited for the field of counselling.

Previously in a pre-med program, Overmars will now be a pursuing a master's in counselling and has applied to schools across the country.

Peer Helping has approximately 40 trained volunteers dedicated to helping other students. They also are involved with English language programs, Career Services and international student events.

Students are encouraged to make use of Peer Helping's services, which operate on a drop-in basis at their office in room B005 in the Student Union Building. The program is also recruiting new volunteers this February. Applications can be picked up at their office or at Counselling Services.

Photo Contest!



Enter the 3rd annual Martlet Cover Photo Contest and see your picture on the cover of the Martlet! Runner-up entries will be published in the Features section. For submission guidelines and photo tips, e-mail feats@martlet.ca or stop by the Martlet office in SUB B011. Photos can be e-mailed as well as dropped off at the office.

We suggest that you crop the picture yourself, to the ratio of 10 inches wide by 13 inches high at a minimum resolution of 150 pixels per inch. If you feel that your photo works better at a different shape, then please submit both your ideal version (for publication in the feature if it's a runner-up) and a cropped version (for publication on the cover if it wins). We can crop the photos ourselves, but we would prefer that you do it yourself so that you can keep your artistic vision of the photo intact.

The contest is open to current undergrad and graduate students. Contest deadline is Thursday, January 31 at 5p.m.

Blood flows in Darfur

While the Western world chooses not to react, thousands of Darfuri are murdered

by Spencer Anderson

Inhabitants of quiet villages are awakened by the sound of thundering hooves piercing the stillness of the midnight hour. Men brandishing rifles on horses and camels burst through the enclosure and open fire. Women are swept up and carried off to be raped, sometimes for days on end. Children are killed and burned; those fleeing in terror are shot in the back.

The next night, the sinister men will visit another village and carry out their attacks with renewed relish. This is not a film set or a best-seller. This is Darfur in 2006.

Darfur, roughly the size of France, is a western, semi-arid province of Sudan and is the site of what some simply call the Darfur Conflict. Others, including UVic political science professor Michael Webb, prefer the term "genocide."

"In my opinion, it definitely qualifies as genocide," said Webb, whose main area of interest includes Canadian foreign policy. "As an outside state, we definitely have the right to intervene in this case. The Sudanese government is going beyond negligence—it's actually perpetrating the abuses themselves."

Although it is impossible to determine how many have died in the conflicts, which began in 2003, experts estimate the death count to be at least 200,000 and steadily rising.

The roots of the conflict stem from years of resentment and social problems on the part of the Darfuri that go back to when the British were in control of the province.

In February of 2003, the Sudanese government was negotiating a peace agreement with the Christian African inhabitants of Southern Sudan, who had revolted not long before. The predominantly Muslim Darfuri, fearing that the Christian south would dominate the power- and wealth-sharing arrangements of the agreement, decided to stage their own revolt.

Khartoum, the capital of Sudan, could not send in Sudanese soldiers to quell the uprising because a significant proportion of the Sudanese army was Darfuri. Instead, Khartoum outsourced the job to Darfuri Arab militiamen by telling them that the slaves (the Darfuri civilians) were trying to take over. The militiamen, or *janjaweed* (roughly translated as "the evil horsemen"), supplied with weapons by the Khartoum, climbed upon horses and camels and began their killing and raping spree, which has continued for over three years.

"What's interesting about this conflict is that it is between two groups of Muslims [the government and the Darfuri]," said Webb. "The conflict is painted as Christian/Muslim, but that isn't accurate."

The UN has not yet recognized the Darfur conflict as a "genocide," but the U.S. has. The UN Security Council has not deployed UN security forces on the ground in Darfur because veto-holders China and Russia are on good terms with Khartoum and are wary of any Western meddling.

Khartoum has also ruled out the intervention of any foreign troops in Darfur, although there are approximately 7,000 African Union troops stationed in Darfur. However, Webb said these troops don't have a mandate to actively protect villagers from the *janjaweed*, and their numbers are too few to secure an area as vast as Darfur.

Although military intervention does not appear to be an option open to Western powers, the UN, U.S., EU, U.K. and Canada are contributing millions of dollars toward aid and reconstruction efforts aimed to help the more than 200,000 Darfuri camped alongside the Chad/Sudan border.

The UN has also recently placed sanctions against four Sudanese Nationalists accused of war crimes in Darfur.

In the meantime, the blood continues to spill in Darfur.

DARFUR BACKGROUNDER

by Chelsea Bowen

Darfur, a region on the Western side of Sudan, borders Chad, the Central African Republic (CAR) and Libya. Darfur has been a battleground between northern Arabs and southern black Africans (Massaleet and Zagawa groups) for years over land rights.

Until recently, the Sudanese government, including President Omar al-Bashir and Vice-President Ali Osman Taha, has refused to allow UN peacekeeping forces to enter Sudan and has relied solely on African Union (AU) peacekeepers to suppress the violence.

The AU is a group of African countries that have pooled their military resources. These forces came by invitation of the Sudanese government to help maintain order. These AU peacekeeping forces are about 7,000 strong and are poorly trained. In Darfur, the AU peacekeepers have not gained major success due to a lack of troops and poor logistical strategies.

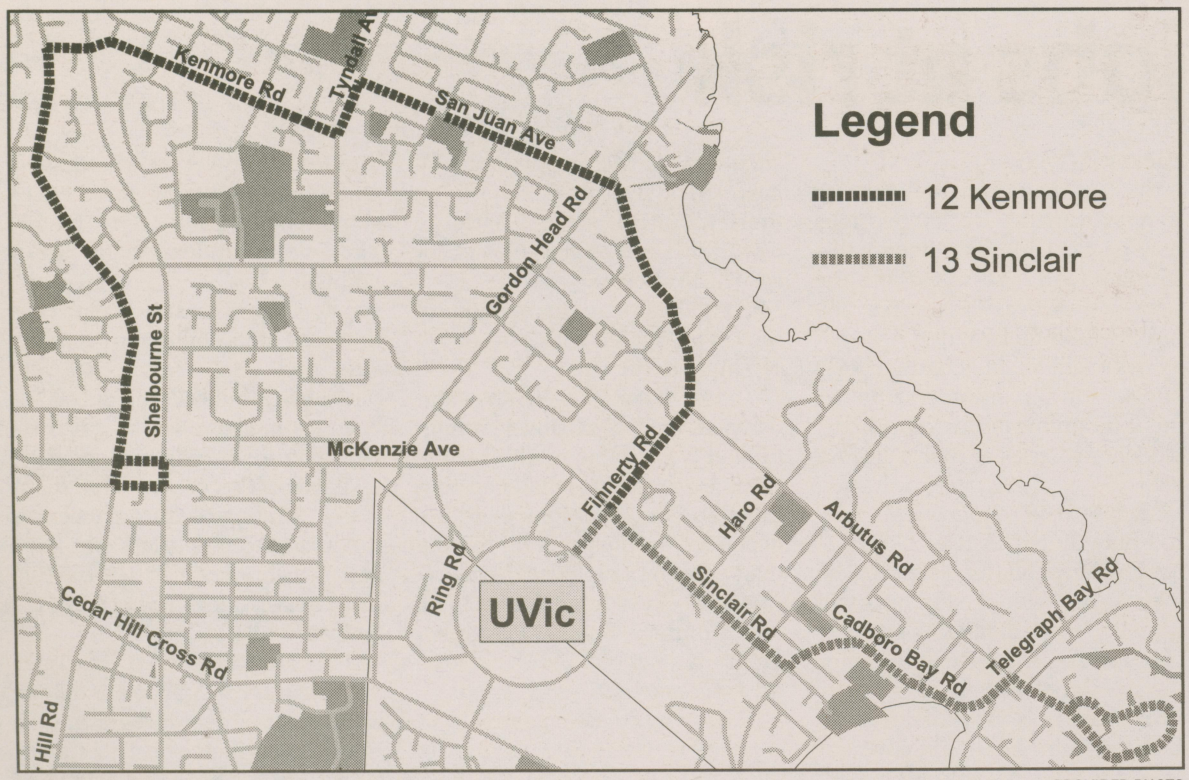
Al-Bashir has recently announced that he is open to the idea of a hybrid force consisting of UN and AU peacekeepers.

The southern-based rebel groups, the Sudan Liberation Army (SLA) and the Justice and Equality Movement (JEM), would benefit from the presence of UN peacekeepers, but since they do not have the legal right to invite the UN peacekeepers into Sudan, the responsibility rests upon the Sudanese government. Most rebels feel that the Sudanese Arab government gives preference to Arabs over black Africans. As their names suggest, the rebels aim toward equality and more autonomy in the Darfur region.

In May 2006, the SLA signed the Darfur Peace Agreement with the Sudanese government; however, the fighting has not yet ended. Violence continues between the rebels, who did not sign the agreement, and the *janjaweed*, "self-defense" militias that were established by the Sudanese government following the rebel attacks. The *janjaweed* are pro-Arab, but al-Bashir has denied any control over the group.

In 2004, the UN Security Council adopted a resolution for the Sudanese government to disarm the *janjaweed*. This was a major component of the Darfur Peace Agreement in 2006. Despite these two initiatives, the *janjaweed* are still active. The Sudanese government and the *janjaweed* have been accused of war crimes against black Africans in Darfur.

There are presently two UN resolutions that propose to use a forceful and active approach in Sudan, but approval of the UN Security Council is still required. Proposals in the UN have so far stopped short, due in large part to China. China receives oil from Sudan, and more UN involvement, against the wishes of the Sudanese government, might jeopardize China's monopoly of Sudanese oil.



PROVIDED PHOTO

While BC Transit is considering new routes in Victoria, it will be a long time before they're open.

New UVic bus routes planned

by David Karp

BC Transit is considering adding two new bus routes to service UVic, but they won't be in operation any time soon.

The two routes would operate using one community bus, a small van-like 20-passenger vehicle that BC Transit runs in the Western Communities and on the 39 UVic/Royal Oak route.

BC Transit estimates the combined cost of the routes would be $199,163 per year, something that the transit authority will need to find room in their budget for. That means weighing priorities against each other.

"Coming to the university right now, we're passing up people, and there's 100 people on a bus packed in there," said Mike Davis, BC Transit manager of planning and scheduling. "So is it more important to introduce [new routes], or is it more important to get more service on a place where you're going to carry 100 people instead of 12 people?"

Because of the budgeting dilemma, Davis said that September 2008 would be the earliest that the service could start. He cautioned that BC Transit has already set priorities for September 2008 that don't include the proposed routes.

"I'm just not sure when it'll actually see the light of day," he said.

The first proposed bus route is the 12 Kenmore. It would head out of the UVic loop onto Finnerty Road, turning left onto Arbutus Road before going down San Juan Avenue and Kenmore Road through Gordon Head. The route would then go down Cedar Hill Road to University Heights Shopping Centre before looping back to the university.

"Over on that Cedar Hill Road area, and even in the middle of Gordon Head, there were some people that were further away from bus service than we would ideally want them to be," said Davis.

In the proposal, BC Transit plans to run 19 loops per weekday and estimates 373 riders daily.

The second loop is the 13 Cadboro Bay and will go through UVic, down Sinclair Hill and out through to Wedgewood Estates, said Smuggler's Cove Pub and Liquor Store owner Brian Dunn, who helped campaign to get the route considered. The proposal outlines seven trips each weekday and estimates 60 riders per day.

According to Dunn, the route will help the elderly who live at Wedgewood Estates, a housing development in the Ten Mile Point area near the ocean.

"They're losing their driver's licence," said Dunn of the area's residents. "And they need access to get into the hubs like UVic."

The route will also make it easier for students to get up and down the hill to Cadboro Bay Village. "It'll loop around and link up our village a little better with the University of Victoria," Dunn said. "The hill's a big geographic barrier."

Dunn added the bus service would help with traffic calming, something the Cadboro Bay community is trying to support right now.

Davis said he's not sure that a community bus will be big enough for the Kenmore routing, and he's also unsure there's enough demand to operate Cadboro Bay route.

"The Sinclair side is a lot more questionable in my mind as to how the ridership will turn out," he said.

UVic Students' Society president Penny Beames said the routes would be a welcome addition to transit service.

"We've got lots of students who live in Gordon Head and Cadboro Bay now, and them having access to transit is just as important as any other student."

BC Transit will be consulting with local businesses and accepting feedback from the public on their website before they make a decision about the routes.

And for anyone nervous about riding a bus numbered 13, Davis said the numbers are flexible.

"I didn't even think of it. They were just two empty row numbers in a row that we're not using right now," he said. "If there's a great outpour of number 13 phobia, we can move it to something else."

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Student summer jobs at risk

by Diane Grieve

While job-seeking students are in abundance, employers able to hire them could become fewer and farther between due to government cuts to a program that helps students get jobs.

In September 2006, the federal Treasury Board, under then-Treasury Board President John Baird, announced a cutback of $1 billion in government spending on programs and activities that they deemed no longer effective.

The spending cut included $55 million to several core programs under the department of Human Resources and Skills Development (HRSD), including the Summer Career Placement program.

This program exists for secondary and post-secondary students, particularly those facing barriers to employment, to help them obtain work experience to make a successful transition to the workplace. The program operates by providing wage subsidies to employers to create summer employment for students and supports the operation of summer employment offices.

In the past it has been estimated that the program created 45,000 student summer jobs.

The HRSD "have yet to announce precisely how this incredible cut will be implemented, but it is reasonable to expect thousands of summer jobs will be cut," said Ian Boyko, government relations co-ordinator for the Canadian Federation of Students (CFS), a collective body that represents more than 80 college and university student unions, including the University of Victoria Students' Society (UVSS).

The CFS has estimated that up to approximately 25,000 less jobs may be available for students this summer and has called on the Treasury Board to reverse the multimillion dollar cut.

Boyko said the bulk of the HRSD budget for the summer employment program was for subsidizing students' salaries at their summer jobs.

Because the department now has only 39 per cent of its previous funding for this program, he expects that a lot of employers will not take on students this summer because they will have little, if any, funds to hire them.

According to Boyko, areas in Canada with high unemployment rates and students with little work experience will be affected the most by this budget cut. "Places such as Fort McMurray and Calgary [Alta.] will probably see no impact, but places like Charlottetown [PEI] and Sidney, Nova Scotia will be affected."

Penny Beames, chairperson of the UVSS, agreed with Boyko's assessment of the cuts.

"The cuts not only hamper students' chances at getting meaningful and well paying work over the summer, they hurt small communities and organizations that have depended on the program to fund their summer employees."

Beames considered the cuts to the Summer Career Placement program a serious blow to Canadian students.

"The savings these cuts represent are a mere pittance compared to the surpluses governments have been generating in the past few years.... In a time when the cost of a college or university education is going up, the federal government should be putting more money into helping students get jobs, not taking it away."

When the Treasury Board announced the $1 billion in spending cuts, they also announced a surplus of $13 billion. The cuts have been justified as a way to gain better value for the money spent by taxpayers. The concern for them is that funding to third parties, in this case the employers who hire and pay the students with subsidized wages, does not achieve effective results.

Many students who are assisted in their job hunt by the Summer Career Placement program may not achieve their effective results either. But for now, they will have to wait to find out how the spending cuts will be applied.

Bird flu threatens entire world, according to WHO

by Laura Cameron

We are moving toward a peak in the cycle of avian influenza activity, said Margaret Chan, the new director general of the World Health Organization (WHO).

After taking office on Jan. 4, Chan, who is a citizen of both Canada and China, issued a cautionary announcement from WHO headquarters in Geneva urging people to remain vigilant against the threat of the H5N1 strain of bird flu.

Chan told the BBC that her Chinese citizenship puts her in a good position to work with the government in China where the lethal H5N1 strain emerged.

On Jan. 9, China announced that a farmer had contracted H5N1, recovered and was released from hospital on Jan. 6.

A 27-year-old woman died last Friday in Jakarta, and another Indonesian woman died the following Saturday morning from the flu. Earlier last week, bird flu also claimed the lives of a 14-year-old boy and a 47-year-old woman.

The death toll in Indonesia has now reached 61. According to WHO, 161 deaths have resulted from the virus since it was first detected in 2003.

Dr. Bill Dyson at UVic Health Services said that there is no way to predict when the virus will hit North America, but when it does, it will spread rapidly.

It was just three years ago when 1.3 billion birds in British Columbia were infected with avian influenza. The H7N3 strain that infected a poultry farm in the Fraser Valley in 2004 was a much less harmful strain than the virus that has been found in Indonesia, Vietnam and Japan. Two people in the province contracted a mild eye infection that resulted from direct contact with an infected bird.

Dr. Dyson said that the flu shot is not at all effective against avian influenza. GlaxoSmithKline, a British-based pharmaceutical company, has found a vaccine that is effective against the H5N1 virus. They are currently testing an adjuvant that would enhance the immune response to a vaccine dose. If the adjuvant is found to be safe, 20 people could be vaccinated by a single dose.

All of the infections on record can be traced back to contact with an infected bird, but health experts fear that the virus will mutate into a strain that can be spread between human beings. Unfortunately, there is no way to find an effective vaccination for this strain because it's impossible to predict its genetic makeup.

U.V.S.S. and G.S.S. MEMBERS

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CALL FOR NOMINATIONS

Elections to the Senate

SIXTEEN STUDENTS (including at least one student from each Faculty – 1 year term)

Elections to the Board of Governors

TWO STUDENTS (1 year term)

For more information about Senate and the Board of Governors please visit the University Secretary's web site at:
http://web.uvic.ca/univsec/

Nominations Close Wednesday, February 7, 2007

Nomination papers must be signed by no fewer than three students eligible to vote, other than the candidate, and by the candidate.
Pick up your nomination form at:

- ☑ Business & Economics Building, Room 410
- ☑ Student Union Building, Room 103
- ☑ Graduate Students' Centre, outside Room 102

A nomination paper is not valid unless it is received in Room 410, Business & Economics Building, University of Victoria, not later than 4:30 p.m., Wednesday, February 7, 2007.

Voting for students to the Senate and Board of Governors will be processed via the WebVote system – no paper ballots will be used.

Julia Eastman
University Secretary

An hour in the shoes of a refugee

by Stephanie Wright

Putting yourself in the shoes of someone less fortunate is always an unpleasant experience, but spending an hour in the shoes of a refugee is an unbelievable experience.

An Hour in the Shoes Of was a workshop designed to give individuals an understanding of the consequences that can arise from lacking status, a state that most Canadian citizens take for granted.

The event, which was organized by the Vancouver Island Public research group and presented by No One is Illegal, presented the participants with several scenarios involving individuals and families from around the world, all of whom were dealing with a lack of status.

The scenarios were modelled after real-life situations but with concessions made to protect participants' privacy rights.

One group of students took on the role of the three-year-old daughter of a 26-year-old woman from the south of Sudan, living in a refugee camp in Ethiopia. The woman's husband was constantly travelling, so she was labelled as a "woman at risk" and put forward for resettlement in Canada.

The application process was time consuming. However, the young woman did make it to Canada but was forced to leave behind her husband and newborn baby.

After reading through the situation, each group discussed what they felt was the just solution.

The workshop participants were mostly members of the UVic chapter of World University Service of Canada, a group involved in the student refugee program—giving student refugees the chance to come to Canada and study as permanent residents.

Although the group came to the conclusion that the father and newborn should be allowed into Canada quickly in order to reunite with the family, this was far from what actually happened.

Hard-working immigration officers did manage to find a way to allow the baby to come to Canada. However, a baby must be seven weeks old in order to fly. Being without a mother for so long placed a huge toll on the newborn, and he died of dehydration before making it to Canada.

Devastated by the loss, the young woman filed papers to sponsor her husband to join her in Canada. The application process took over a year and a half, and living in the refugee camp badly affected her husband. He made it to Canada but arrived extremely weak and malnourished. He died three weeks after his arrival.

The conclusion left participants speechless, but workshop presenter Marianne Van Der Meij, described the case as "a positive outcome," because the remainder of the family was alive, well and safe.

Van Der Meij, originally from Holland, has spent many years working with refugees and survivors of torture. Although she describes her work as often depressing, she also finds it incredibly rewarding.

A little bird told me

Research on finch thinking may help us understand our own brains

by Samantha Magnus

Finch song has taught Patrick Gill a lot about how we humans hear and how we think.

He's found, for instance, that thinking about what you already know to be true isn't terribly efficient. You already know that you are wearing underwear (or not). You know that you're sitting or standing or breathing or that your heart is beating, and you certainly don't need to use your "higher brain," the area of your brain with the highest intellectual functions, to figure these things out.

"'Rome is still in Italy!' Now how come we don't see headlines like that in newspapers?" asked Gill, a neuroscience student at the University of California at Berkeley on Jan. 8 when delivering a seminar at UVic. Gill, who began his university education at UVic but transferred to the University of Toronto and then to Berkeley to pursue a PhD, was invited back here by the physics department to lecture on his research.

Something is only worth thinking about at a conscious level in the higher brain if it's surprising, Gill explained. His "surprise index," whereby neural activity is relative to the probability of a stimulus given its history, is something like a measurement of the unexpectedness of an event. Electric impulses are behind all our thoughts, said Gill, flicking his fingers as if conducting an orchestra of firing neurons inside an animal brain.

Out of all the scientific achievements that may soon come to revolutionize the world—such as viable fusion power or interstellar travel—Gill believes that the construction of a sentient artificial brain is one of those most likely to happen this century. This puts him smack in the middle of a cutting-edge area of research: neurophysics. Gill is especially interested in how we recognize and interpret sounds on the cellular level, and here he already has a piece to contribute to this great puzzle.

Although ultimately researchers are most interested in cognition in humans (or whales—Gill is keen on whales), Gill's lab studies zebra finches. Like humans and unlike most other animals, finches are vocal learners—they can mimic the sounds they hear. Females pick their mates for their vocal pipes, and young males must learn from the more seasoned singers.

Humans can't hear finch song properly without slowing it down to molasses, but neuroscientists can visualize song by graphing sound frequency over time. To analyze how a finch's brain reacts to a suitor's serenade, Gill plots neuron activity over time. He then overlays the two plots; that is, the finch song over the neural firing of the finch that hears it.

Waving his laser pointer over a series of colourful images, Gill explained how neurons in the finch midbrain (the more "primitive" part of the brain) fire off about five milliseconds after any sound. When finches listen to a recording of scrambled song sounds, which is pretty much finch gibberish, Gill's graphs showed the same pattern. These neurons must give the ability to hear a noise of any kind.

The surprising part of this research was that the neurons firing in part of the forebrain or "higher" brain did not fit the song pattern.

PROVIDED PHOTO

Finches think like people do.

This was unsettling for neuroscientists who foresaw a need for much more complicated models to explain the discrepancy, but then Gill came up with an idea.

When he plotted only the listening finch's higher brain neural-firing patterns with only the most unexpected sounds in the singer's musical ditty (basically the notes that are suddenly high, low, loud or quiet), the match was a much better fit.

While the finch hears the whole song deep in its grey matter, it only consciously recognizes the highlights. Anyone who has subconsciously tuned something out or been accused of selectively listening may already be familiar with the idea. If, in a dull conversation, you can listen just enough to pick up the cues (those subtle changes in tone) to say, "Uh huh" and "Yes, dear" at the right times, then maybe you think like a finch.

Research on finch thinking is moving us toward a better understanding of our own brains. Work like Gill's provides insights right into the tiniest details of how sounds reach (or don't reach) our consciousness. Work like Gill's may, someday soon, provide us with the tools to build robots that can hear and listen just like we do.

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Millions of animals used for experiments

Animal rights group calls for ban on testing like those already in place in Sweden, Denmark and Holland

by Kim Armstrong

The report is in: Canadian researchers are using more pound animals than ever before.

Statistics released by the Canadian Council on Animal Care, an organization responsible for overseeing the use of animals in research in the country, show that the number of random-source cats and dogs used in research has doubled between 1999 and 2005.

In 2005, a total of 8,886 random-source animals—2,946 cats and 5,940 dogs—was reported to the CCAC, up from 4,767 in 1999.

A random-source animal either comes from a pound, humane society or belongs to a researcher or client. The majority of random-source animals come from animal shelters. Purpose-bred animals or on the other hand, are bred and raised specifically for research purposes.

Cats and dogs are the only animals of those listed of which such a source listing is required. The other 18 animal categories do not specify their animals' origin.

The Animal Alliance Voters Party of Canada (AAEVPC) was formed in 2005. Their statement of purpose is to "use politics, particularly electoral politics, to make governments adopt policies that protect the environment and animals."

Sweden has very comprehensive laws concerning animal rights and abuse, including a ban on the use of great apes such as gorillas and orangutans in anything other than non-invasive behavioural research. The ban formalized what was already national practice, as no great apes were being used in experiments at the time the legislation passed.

Although there is no federal legislation governing animal shelters' responsibility to provide or refuse to provide their animals to research facilities, seven provinces have their own legislation regarding animals being tested and used for research purposes.

Alberta's Universities Act, for example, states that no university faculty or school of a university can purchase dogs for research purposes. However, when requested, municipal pounds are required to donate all dogs that have not been claimed by the owner within 10 days and that would otherwise be destroyed.

The AAEVPC objects to the use of pound animals in research.

KIM ARMSTRONG PHOTO

Dogs are one of the most common kind of animal used in reserach experiments.

"A federal ban on this archaic and cruel practice will mean that Canada joins other progressive and compassionate countries like Sweden, Denmark and Holland," said Liz White, leader of the AAEVPC.

British Columbia has no legislation on the topic, but the BC SPCA has developed its own rules.

"We certainly do understand that there are times when animals need to be used in research," said Lori Chortyk, the BC SPCA's general manager of community relations. Chortyk said that the SPCA does not release its animals to researchers and checks that animals are treated humanely in research settings at universities.

The BC SPCA opposes the supply of animals for the testing of cosmetics, household cleaning products, cigarettes and alcoholic beverages. Its goal is to reduce and ultimately eliminate the use of animals in biomedical or other scientific research testing and experimentation.

Things haven't always been this way in British Columbia. Before spaying and neutering became common, thousands of unwanted animals given to shelters would face euthanasia because shelters lacked the facilities to care for them.

"Animal control agencies would give them but with very strict instructions of how the animal had to be euthanized," said Chortyk. "In our situation today, we don't have to euthanize animals for space and ... we're fundamentally opposed to moving them off to research settings."

Dogs and cats make up only a small number of research animals in Canada—14,217 dogs and cats were used in experiments. This is only 0.6 per cent of the 2,316,285 animals used. Of these, 14 per cent were rats, 28 per cent were fish and 41 per cent were mice. The least represented group was cephalopods, with four animals used.

Some experiments conducted on these animals, such as blood samples and short-term observations while the animals were under restraint, caused little to no discomfort or stress. But other procedures caused pain that meets or exceeds the pain threshold of unanaesthetized, conscious animals. These include surgery, exposure to noxious substances or stimuli, and procedures or substances with unknown effects. Euthanasia of research animals is common upon the completion of experiments.

This raises the issue of the ethics of animal testing in general. The UVic Vegan Association is a student organization against animal cruelty.

"The position of the UVic Vegan Association would be that animals deserve a proper amount of consideration for their interests, and currently the case is of course quite heavily favoured [toward humans]," said John Bowers, one of the association's directors.

"I think that virtually any potential benefit to humans is weighed in such a way that it will almost invariably trump the cost to that animal."

Animals used in research:

Amphibia	29,674
Cats	3,480
Purpose-bred	534
Random source	2,946
Cephalopods	4
Chinchilla	30
Dogs	10,737
Purpose-bred	4,797
Random source	5,940
Domestic Birds	111,412
Farm Animals	85,756
Fish	640,569
Fur Animals	1,208
Gerbils	1,651
Guinea Pigs	33,135
Hamsters	6,204
Marine Mammals	733
Mice	942,346
Miniature Swine	112
Non-Human Primates	3,713
Rabbits	11,602
Rats	335,021
Reptiles	6,368
Canadian Wild Species	91,788
Other Non-Canadian Species	742
TOTAL	2,316,285

COMMON SENSE INFORMATION FROM COMPUTER TECHS

Electronic Survival in the Online age...

As with almost everything these days, an electronic variant of what used to be printed on a weekly or even daily schedule is available online. While some things are much easier to look up in the good ol' phonebook, a vast variety have been converted onto the Internet. Hey, you're on campus and I know everyone has access to the information superhighway so here's a list to assist you with your everyday student needs:

Leaving campus?
http://www.bctransit.com/
The bus schedule is online.

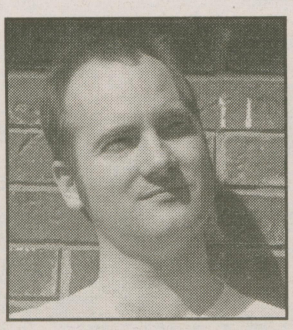
Coming back a little late?
http://www.empresstaxi.com/
You can email your cab pickup time even up to a year in advance can't finish your masters degree in a year can you?

Not leaving campus?
http://www.cinecenta.com/ Show times and shows arranged in a monthly format don't forget your student id card!

Looking for something live?
http://www.livevictoria.com/
Local events around town listed by day
ticket prices and show times to boot.

Ok, so the winter of 1996 has returned, your fridge is full but you can't see out your windows. Since someone else will dig you out and your classes are cancelled, self-sanity and that enemy named Boredom must be kept in check. Considering you might also be on a budget, then you'll need some free entertainment:

A lifetime of Video:
www.youtube.com I think almost every piece of video that has ever been shot resides here. Humor, horror, car crashes, your drunken and unsuspecting dorm buddies, and complete television shows await your viewing pleasure.



A Universe of Games:
http://www.addictinggames.com/ Little flash and java games that flush valuable hours of your life down the drain awaitthee.

News headlines with a twist:
www.fark.com One person started this website of endless news links (which go to actual stories), and it's his full-time job to keep it rolling. Sometimes the comments can be equally amusing. Links updated almost hourly. Things you didn't think you would do online. No, not that!

Order food without talking to anyone:
www.swisschalet.com Ah, the taste of takeout food without picking up the phone. Personally, I have yet to have an order go wrong.

The student standby (AKA Pizza):
www.pizzahut.ca Not all locations can accept online orders but perhaps the one closest to you can accommodate your hunger pangs – it's pizza, and they know how important that is to the student diet.

Groceries anyone?
http://www.thriftyfoodsonline.com/ Yup, don't even leave the seat you're in and stock up the cupboards. Get it all delivered too!

Spend your tuition money or your inheritance:
www.ebay.com I know, you heard of it right? Tips: Ebay's search engine isn't the best, when searching try variants of the words your enter, ie: "beer kegs" can be searched as "beer", "kegs", "beerkegs", "keg" etc. Also, be careful of inflated shipping charges and handling fees. Ebay has recently started to crack down on the shady shippers but many still exist. If possible, send everything via USPS and not courier. Canada Customs likes nothing more than to charge a nice flat fee for laying a finger on your Ebay treasure.

Your computer is your lifeline to the outside world, but sometimes the world wants to look inside. With the exception of your time, you can defend yourself at no cost:

www.free.grisoft.com Free antivirus that never expires or asks you to buy the "full" version. Want a free personal Firewall? Yup. Zone Alarm can be found at www. download.com Make sure you find the free one, as the company also has pay versions. www.windowsupdate.com With the exception of newly see-you-in-court Windows Genuine Advantage update, all other Windows updates are required. Security patches and fixes keep the Windows boat afloat. Ad-Aware, Ewido and Spybot are also useful tools in the fight against malware. These programs also reside at www.download.com

See, you can survive online! Just don't forget to use the bathroom when necessary.

J. Stuart
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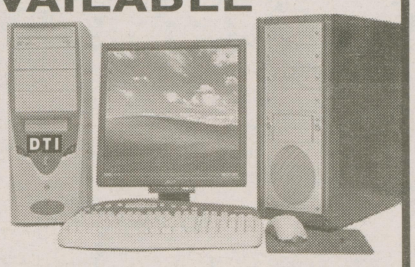

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On Friday, Jan. 19, at 1:00 p.m., in Fine Arts Building room 103, the UVic Writing Department will be hosting a Magazines Experts Panel with members of the BC Association of Magazine Publishers who are visiting the Island for their annual conference.

Panelists will include:
- Patty Osborne from Geist Magazine
- Sara-Ann Pereira from NUVO Magazine
- Lisa Sweanor from BCAMP/MAGAZINES CANADA
- Lisa Whittington-Hill from THIS Magazine

Everyone is welcome to come and hear these publishing professionals talk about the industry, how to break into publishing and other magazine-related topics.

Abuse of Rx junk on the rise

by Kim Armstrong

In the world of drug addiction, heroin may be going the way of the dodo.

A study conducted by the Centre for Addictions Research of BC (CARBC) at UVic, the Centre for Addiction and Mental Health (CAMH) at the University of Toronto and the Research Institute on Public Health and Addiction (ISFG) in Zurich, Switzerland examined the patterns of illegal opioid (synthetic drugs used as painkillers) use on the streets of Canadian cities.

Benedikt Fischer, director of the illicit drugs, public health and policy unit at CARBC, designed the study and co-developed its analysis plan and data interpretation with Jürgen Rehm of both CAMH and ISFG.

"Our study suggests that heroin use has become an increasingly marginal form of drug use among illicit opioid users in Canada, especially outside Vancouver and Montreal," Fischer wrote in a press release.

Published late last year, the study is the first systematic documentation of the rise in popularity of prescription opiates in Canada, as heroin use dwindles. Prescription opioids include Demerol, Dilaudid, morphine, OxyContin, Percocet, Percodan and Tylenol 3 and 4.

Heroin use has long been associated with an increase in harmful behaviour. According to the study's research letter published in the *Canadian Medical Association Journal*, "the number of overdose-related deaths in British Columbia rose dramatically from 39 to 331 between 1988 and 1993, the majority of new cases of hepatitis C in Canada are related to illicit drug use, and most heroin addicts are involved in regular criminal activity."

Collecting data from seven different cities—Vancouver, Edmonton, Toronto, Montreal, Quebec, Fredericton and St. John's—researchers looked at participants' drug use habits and socio-demographic characteristics in the 30 days before each assessment.

They found that heroin was the most common opioid in only two cities, Vancouver and Montreal, both of which are port cities and major heroin import sites.

In four of the cities, heroin use was almost non-existent and had been replaced by prescription opioid use.

All over Canada, heroin use has decreased since 2001 by a total of 29.4 per cent. Crack cocaine use has also decreased.

RCMP statistics on the amount of heroin seized in Canada or en route to the country show a decline from 195 kilograms seized within our borders in 1995 to 35 kilograms in 2003. Abroad, the numbers fell from a high of 129 kilograms in 1998 to 25 in 2003.

This is both good news and bad news. he decrease in injection drug use means a decrease in the risk behaviours of needle sharing, drug injection and overdose, and therefore less transmission of blood-borne diseases such as HIV/AIDS and hepatitis C.

But the drugs that are replacing heroin have to come from somewhere. As the study's research letter stated, "Prescription opioids used by street drug users originally come from the medical system rather than from illicit production and distribution [as is the case with heroin]."

This means that although the majority of heroin users reported that their drugs were obtained through dealers, a large number of prescription opioid users reported that they obtained their drugs legally through the medical system.

Canada is the world's top per capita opioid consumer, but its methods of monitoring and controlling prescription opioids are fairly lax, according to the study.

"This approach needs to be reconsidered in the interest of prevention," stated the study's research letter. "However, such measures should not undermine access to adequate opioid-based pain treatment, which has taken a long time to accomplish."

The first step in treating the problem is attempting to understand the reasoning and forces at work behind prescription opioid addiction.

Many participants reported that their use of prescription opioids is connected to previous experiences with pain treatment or identified in themselves untreated or undiagnosed psychiatric symptoms, indicating that their drug use might be an attempt at self-medicating their problems.

"Our drug control policies ought to be targeting prescription opioid abuse more effectively," said Fischer. "But we also need to ensure we do not compromise legitimate access to and uses of prescription opioids."

THIS WEEK IN *MARTLET* HISTORY

1971

The police departments of all Greater Victoria municipalities were put on notice that there would be "possible difficulties" at the university as students took charge of a mass meeting held by the administration.

The meeting, called for by then UVic president Bruce Partridge, was organized to deal with some faculty tenure issues.

1978

The *Martlet* reported that the University of Victoria Foundation was investing university endowment funds into corporations that practise discrimination, exploitation and partnership with military regimes, specifically mentioning South Africa, Guatemala and Chile. The article stated that the university held shares in companies with questionable foreign business practices and invested money in banks that loaned money to the likes of Apartheid South Africa and Rhodesia.

Brian Gardiner of the University of Victoria Alma Mater Society was opposed to these investments and said that there should be criteria set up to examine not only the economic angle but the social ramifications.

Howard Petch, then president of UVic and a member of the Foundation Investment Advisory Board, said he felt the most important factor is realizing a "good return on our investments," though he personally deplored the situations in Chile and South Africa.

1984

Both Noam Chomsky and the foreign minister of China made separate visits to UVic.

Chomsky lectured to 1,000 guests on his book, *Manufacturing Consent*, and presciently described the Middle East as "the most volatile region" in the world, even in the age of the Soviet Union. Chomsky warned that the U.S. will tolerate no interference in its domination over the vital energy reserves of the Middle East.

Chinese Foreign Minister Wu Xueqian, acting as a representative of then-Premier Zhao Ziyang, toured the university and praised UVic's contribution to Sino-Canadian academic relations.

1987

After a January press conference was held by the four chiefs of the First Nations on the Saanich Peninsula, the *Martlet* reported that Saanich "Indians" declared 1,500 square kilometres of local land theirs. The article assured readers that campus life would continue on as normal.

On the Tsartlip Reserve, a bureaucratic snag involving the federal Indian Affairs administration stalled hookup of a new sewage system for two years, which resulted in stinking pools of raw sewage on the reserve that helped spread strep infections and impetigo.

1998

The estimated 900 teaching assistants at UVic began filing signing cards with the B.C. Labour Relations Board in January in order to be certified to join the Canadian Union of Public Employees (CUPE).

The drive to unionize came as a result of cutbacks in jobs and wages, which intensified long-standing dissatisfaction among TAs, according to an organizer.

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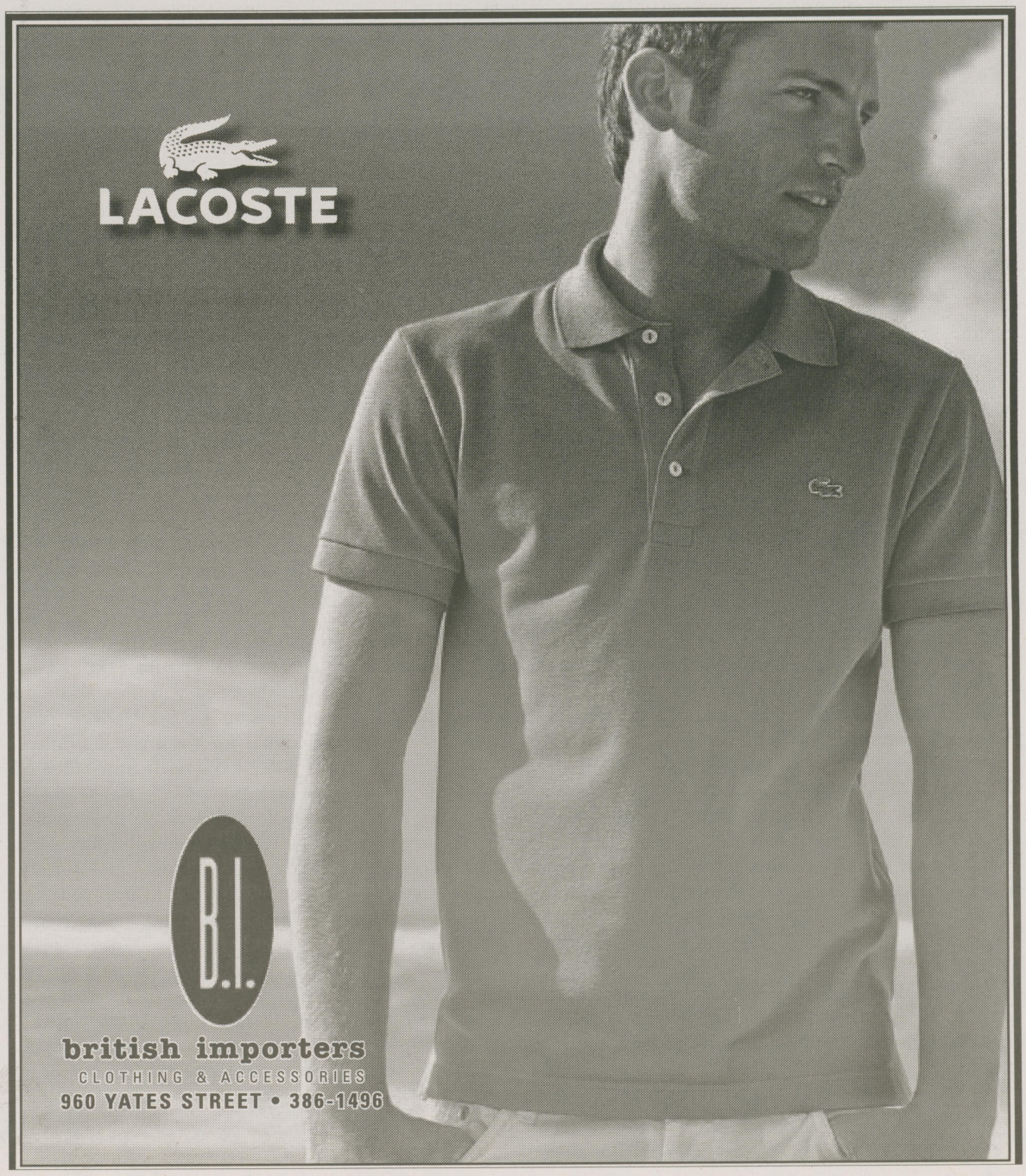


Editorials

Pinning down procrastination

After 10 years of research, Piers Steel, professor of human resources and organizational dynamics at the University of Calgary, has discovered the reason students write term papers eight hours before the due date and start studying for exams around the same time: they procrastinate. Big surprise.

Steel's research, published in the American Psychological Association's *Psychological Bulletin*, found that procrastination is more than sheer laziness. Rather, it's a natural form of self-regulatory failure—so you do it to yourself, but so do tons of other people. Between 15 and 20 per cent of people procrastinate, and this figure has quadrupled in the last 30 years. It is even higher among student populations—Steel says students procrastinate for two-thirds of their day.

Technology—specifically e-mail—also takes a beating in Steel's research. "Multi-tasking destroys performance," he told the *Globe and Mail*. Turning off MSN Messenger while you're researching that history paper could increase your productivity by five or 10 per cent.

Steel even found a formula for procrastination: the utility of a task is equal to the expectations of succeeding multiplied by the value of the task, divided by the availability or immediacy of the task multiplied by the person's sensitivity to delay. Mathematics students at UVic might find this helpful for figuring out how not to watch *Entourage* instead of doing homework. But Steel's research seems to unnecessarily put into a formula what every student knows: work is less fun than any other task, and it takes a looming deadline to get most of our asses into gear.

So what do we do? "To actually not procrastinate takes planning, effort and will," the *Globe and Mail* quotes Steel. And that knowledge was worth 10 years of research? Most students figure that one out before then end of the first semester. A more helpful research study might have been one that investigates whether procrastination, while stressful and frantic, is truly a bad habit. It might simply be how some people work. The pressure that procrastination builds could lead to a better term paper than one written under no stress at all. And while multi-tasking might delay the finishing of one project, it increases the amount of effort going into numerous projects.

As for the procrastination formula, the next time you pop energy pills or consume an entire pot of coffee to get through an entire night of studying, you can feel better knowing that it's not just you. It's just that the assignment holds little value, the due date was months away when your prof told you about it, and you're not very sensitive to delay. Unfortunately, this insight won't get the work done.

The good news: the *Globe and Mail* reported that researchers have found people procrastinate less as they age and learn. Looks like we're all going to grow out of it, anyway.

Just lending a little

It may sound clichéd, but sometimes the tiniest of changes can make a significant difference to someone's life.

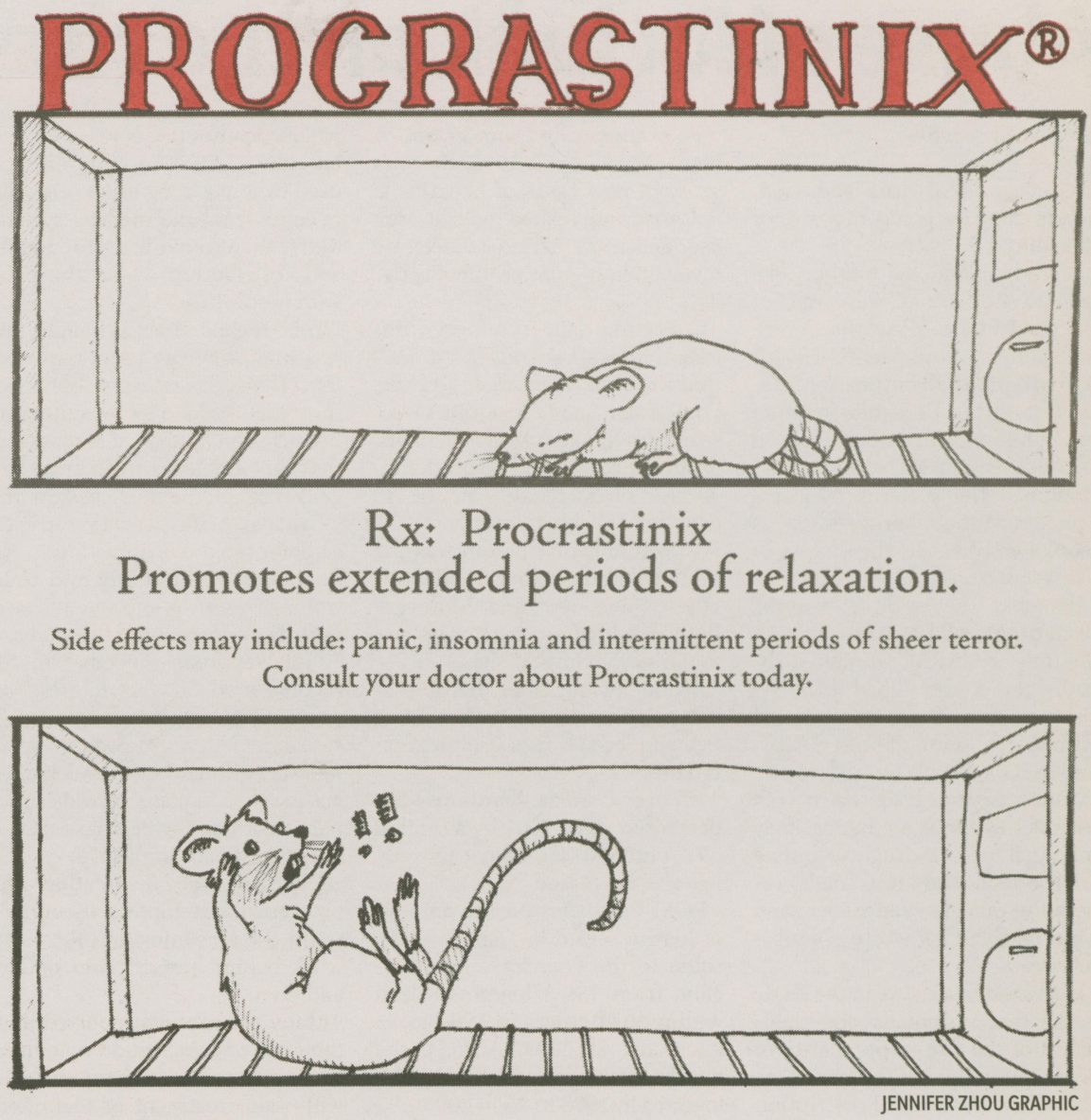
That's the principle behind the Grameen Bank, which was honoured with the 2006 Nobel Peace Prize along with bank founder Muhammad Yunus. The Grameen Bank specializes in microcredit—offering tiny loans to poor people with no collateral.

When most people go to the bank for a loan, it's for thousands of dollars to finance a house or car, and they expect to fill out lots of paperwork to demonstrate they can pay the money back.

But at the Grameen Bank, in 2005, the average loan balance per borrow was under $100. Almost all of the bank's 6.8 million borrowers are impoverished females. The small loans were enough to help millions of enterprising women start their own businesses, and 97 per cent of loans are repayed. If the Grameen Bank has demonstrated anything, it's that a little can mean a lot.

We may not be able to start our own bank, but everyone can understand how much a friendly smile can mean when we're having a downright nasty day. We can all remember the time someone gave two minutes to help pick up our scattered pencil case, a stranger helped us find a place in the dark, or that friend who listened to us when we badly needed to talk. Why do we remember? Because these seemingly insignificant gestures meant a lot.

What the Grameen Bank really celebrates is the human spirit. Too often we become distrustful of our neighbours. But the Grameen Bank trusted millions of borrowers who had no credit, no land—almost nothing. So why have 97 per cent of loans been repayed? Because we all remember the hand that helped us up when we were down.



JENNIFER ZHOU GRAPHIC

Seduced by Apple's new technology

by Maria Konstantinov

Apple has unveiled its new attractive child: the iPhone.

When I first heard about the iPhone—which combines a "revolutionary" phone, wide-screen iPod, portable Internet and impressive features such as the multi-touch display in one handheld device—I knew I had to have it. I didn't know how it worked or what it looked like. I didn't care. With Apple's history of technologically advanced products, I knew it would be divine.

Do I need it? Probably not. I don't know anything about technology and what is best, but thanks to Apple, I am brainwashed.

With technology advancing at such an alarming rate, it's hard to find something that genuinely impresses you and gets you squirming with excitement. But for me, Apple has managed to do so once again. They are stomping on BlackBerries, RAZRs and other slim and internally complex gadgets.

The iPhone is the hot item that everyone and their mother is lusting after. Everything you use and claim to need will now all be accessible on a 3.5-inch-wide piece of metal for the malicious prices of $499 US (4GB) and $599 US (8GB).

Apple CEO Steve Jobs claims that the iPhone will usher technology into a new era—portable Internet that will fit into your side pocket, 1,000-way calling and enough songs to last you years without repetition—all accessible in an instant, wherever you are and in between whatever you might be doing.

This is all undeniably awesome, but is it necessary? It is if you want to text message your friends and listen to the latest Shins album while holding a three-way phone conversation and browsing through weekend party photos of one of your trashed friends embarrassing themselves. What more could you ask for?

Many students like me will be spending future textbook money to acquire this product. The privileged will have iPhones as soon as they come out, while others will wait for the price to decrease. As soon as it becomes affordable to the majority, it will likely be outdated technology with newer versions on the way. And who knows what Apple will think of next. Maybe more songs? Something smaller and slimmer? A jump from two-megapixel to four-megapixel cameras? Lord only knows.

Apple is smart, sophisticated and knows how to lure our wallets open and keep us on our toes in anticipation of new products. Perhaps we are foolish for spending so much money on things that become old news in a matter of weeks while knowing that we are in fact doing so. But with Apple products, it's hard not to.

LETTER

Support for Canada's troops

I'm appalled by the inflammatory, uneducated and misleading comments from Norman Ed Baskerville ("From Peacemakers to Killers" *Martlet*, Jan. 11). Canada's proud military tradition continues to this day in the UN-approved NATO mission in support of Afghanistan's democratically elected government.

Canadian values of equality, liberty, democracy and basic human rights were all things non-existent under the Taliban. The destruction of Buddhist temples, desecration of museums, murder of women alleging rape and harbouring of international terrorists were all staples of the faction Canada helped remove and currently attempts to keep from power.

Canada does this along with France, Germany, Belgium, New Zealand, Iceland, Norway, Switzerland (the most neutral nation on Earth), Sweden, the Netherlands (considered the most liberal in Western Europe) and 38 other "warmonger" and "imperialist" countries. Should we consider Iran, Russia, Israel or China (all not in Afghanistan) the bastions for compassion and human rights?

Indeed, civilian casualties are regrettable, but inevitable, when facing a fanatic destabilizing force that uses civilians as body armour. Canadian soldiers, with a veritable who's who of liberal democracies, are in Afghanistan trying to improve the lives of those there and attempting to give them the same rights we enjoy here, including the right to print ignorant, irresponsible and disgraceful opinions.

Chris Conway, UVic student

Editorial topics are decided on by staff at our weekly editorial meeting at 3 p.m. every Friday in the *Martlet* office (SUB B011). Editorials are written by one or more staff members, and are not necessarily the opinion of all staff members.

Martlet has an open letters policy and will endeavour to print every letter received from the university community, with priority given to undergraduate students. Letters must be typewritten, submitted on disk or by e-mail and include your name and student number for verification. Letters must be under 200 words. Deadline for letters is noon on the Friday before publication date. Letters with pseudonyms or group names will not be printed.

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Climate change: we're all gonna die

'An Inconvenient Truth reduced me to a state of agitated paranoia'

by Alex Laidlaw

Over the holidays, I finally got around to watching *An Inconvenient Truth*, Al Gore's film on global warming. I was impressed, entertained and totally horrified.

Of course, I previously knew something about climate change. But I had never heard such a clear outline of how drastically we have fucked up in responding to the warnings and of how urgent things have become: islands in the South Pacific are drowning in the rising ocean; cyclonic storms are getting stronger and more frequent; there's more flooding and droughts worldwide; and everywhere, weather systems seem to be rewriting themselves.

The movie reduced me to a state of agitated paranoia. I was fearful of sudden death. I resolved to drop out of school and try my gut with some serious drinking—anything to numb myself for the coming apocalypse.

I was in Ottawa for the holidays. On Christmas Eve, the day after I saw the movie, it was 15 degrees C. Ottawa is supposed to be the world's second-coldest national capital.

Then, the weatherman on CBC radio told me that I could look forward to more of this "good" weather in the coming week. Maybe I would try to find some heroin—a more solid numb.

But before acting on that impulse, I thought I might as well have a look at the website recommended in the film's ending credits: ClimateCrisis.net. It has a delightful intro page with some soothing music. Calm was restored.

Along with information on the science of climate change and encouragement to purchase the DVD, the site offers some practical ways to reduce personal CO2 production. Some of the suggestions were as simple as wrapping your water heater with a blanket or buying more efficient light bulbs.

You might move your thermostat down a few degrees in winter or try buying local produce to cut down on the fuel burned importing it. You can buy some houseplants and trees (but try not to let them die, since that apparently releases more CO2).

Personally, I spent the next couple of days running around my parents' house unplugging electronics and pointing out all the overpackaged Christmas goods. The folks weren't too thrilled at my new-found environmentalism.

Can you blame them?

Fuck yes, you can. Whatever taste or groundless pride is impeding a person against change is made petty by the importance of this issue. Try to brush a shoulder against this fact: if things don't drastically change, we'll all be dead long before we are due.

Or maybe I've misunderstood Gore's message. Watch the movie—you will, at least, be entertained.

Drop out and get a sweet job

Instead of complaining about the high cost of education, take advantage of today's market

by David Karp

Stop whining about tuition.

It's a common complaint among university students. "Tuition is too high!" they cry. "Give us free tuition," they demand. "Money, money, money!"

Boo hoo. Cry me a river.

The *Martlet* reported on Jan. 11 that the B.C. government is having trouble filling the 25,000 post-secondary seats it promised in 2004. And that has a handful of naive students blaming rising tuition costs.

Even the head of the UVic Students' Society, Penny Beames, is blaming tuition and lack of financial aid. "How that could be an incorrect assessment, I don't know," she told the *Martlet*. And while she plans a rally to demand lower tuition, she's missing an important point. Penny, there's a very simple reason for lower enrolment: jobs.

We're witnessing the biggest boom in British Columbia's labour market in the last 25 years. That means that there are plenty of jobs available at good wages, so many young people are choosing work over school.

When the labour market is suffering, people go to school to upgrade their skills to land a decent job. But when good jobs are as common as BC Ferries screw-ups, there's little point in going to school.

Just how good is the labour market? According to the 2005 Alberta Wage and Salary Survey, the average construction labourer in the Fort McMurray region makes $27.16 per hour. The average secretary makes $19.01 an hour.

Let's face it, if we can make that kind of money without going to school, a lot of people are going to say no to post-secondary education.

A report by the Association of Universities and Colleges of Canada, of which UVic is a member, sums up the simple concept. "Growth in the economy generally has a negative impact on university enrolment.... When the economy is growing, young people have a wider range of choices. Employment promises greater returns, at least in the short term." And the choice between jobs and school isn't just confronting university students—some kids are even dropping out of high school to take advantage of the lucrative job market.

There's just no point in going to school when you don't need a degree to bring in the money. "Average real earnings since 2000 have increased at a faster pace for young, less-educated male workers than for any other group, including university graduates," said a report by Statistics Canada in June.

With wages growing since that time for high school dropouts and those with no post-secondary education and falling for university graduates, it's no wonder the Campbell government is having difficulty filling 25,000 new seats.

So if you're facing financial difficulty as tuition comes up, instead of whining about tuition, do what thousands of other young people are doing: drop out and get a sweet job.

Development crashes on Ucluelet's coast

Tofino-esque 'progress' attracts yuppies and elderly to expensive properties

by Mike Vasilev

The wave of progress—of development, upscale resorts, hotels, condominiums, townhouses and one $600-million golf and country club—is about to crash on the shores of Ucluelet.

Riding this wave into town will be a soulless and ruthless hoard of land-raping, money-mongering human vultures set on buying low, selling high, pillaging as much as they possibly can and ultimately turning Ucluelet into another Tofino, Saltspring or Whistler.

The projects set to hit Ucluelet are worth about $800 million so far.

Most of the development is by one company, Marine Drive Properties Ltd. It has just been given the go-ahead on an 800-acre oceanfront proposal that includes several five-star hotels, over 100 condominiums, 30 multimillion-dollar townhomes and a 370-acre 18-hole golf course designed by Jack Nicklaus—the Tiger Woods of golf before Tiger Woods.

The thick ocean fog in the summer and the five metres of rainfall Ucluelet receives in the winter can apparently be overcome with cash, determination and Nicklaus-brand power. Several smaller but equally upscale developments have already hit Ucluelet. These include the $45 million Black Rock Ocean Front—its 132 units were all bought up in four hours flat in a fit of frenzied feeding.

The vultures will come in many forms, none native to the area. They will come as developers and day trippers; as urbanites and suburbanites; as yuppies and the bourgeoisie; they will come as the aging, the elderly and the just plain old—mostly they will come as baby boomers.

They will come from Vancouver and Victoria, from Alberta and Seattle and from all points due south and east. They will come in slick suits, designer sandals and sweater vests. They will come in BMW SUVs, in Lexus hybrids, Lear jets and armoured Cadillacs. Indeed, they are already coming, and coming fast—the wave is already crashing.

The impact on the town is already being seen. Between 2004 and 2005, when many of the major developments were announced but well before any had begun, housing prices in Ucluelet went up more than 50 per cent. This may be good news for the locals who want to cash in and no longer be locals, which may be many once they meet their new neighbours.

But for the locals and visitors who like Ucluelet the way it is (or rather, the way it was) and who don't want it to become another Tofino, this is clearly ominous news and the beginning of a very unfortunate end.

Tofino—Ucluelet's trendier, bitchier neighbour to the north—began the process of development from a resource-based community to a resort-based economy well over a decade ago. Today, Tofino's main drag is lined with chic cafes, expensive restaurants, upscale boutiques and all the funky and senseless scat that the tourists and seasonal residents—who, come summertime, outnumber the locals tenfold—devour like the vultures they truly are.

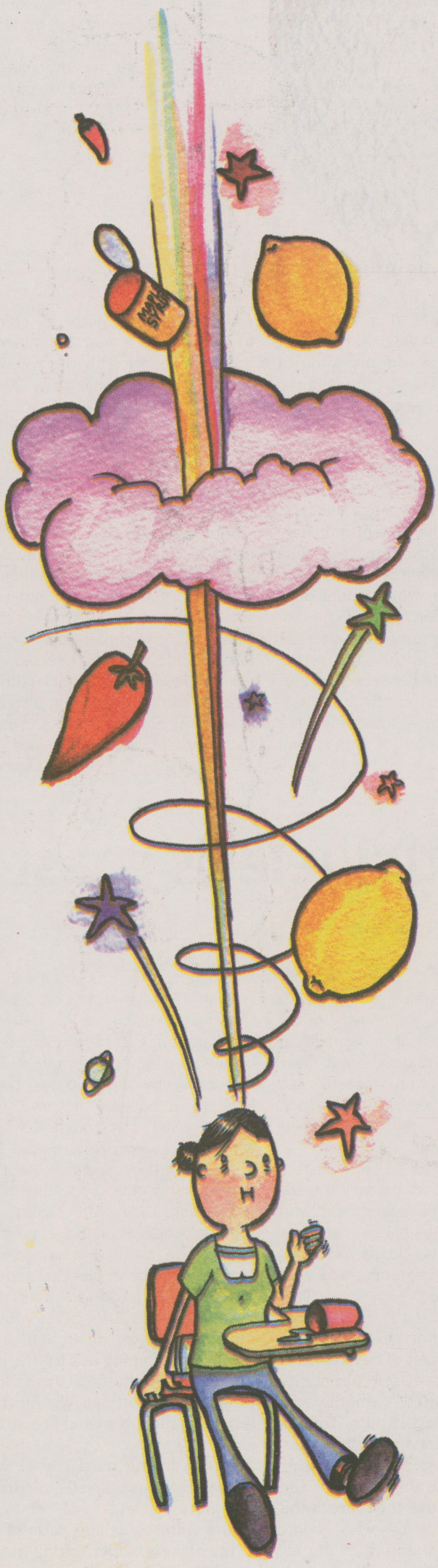
Ucluelet, on the other hand, has largely remained a small fishing and logging town that's blue-collar, calm and low-key. It has remained that way not because of some cruel and unusual twist of fate but because that's the way locals like it. They live there not because they have to, but because they want to. For 10 years they watched what a tourism-based economy did to Tofino, and they have persistently chosen to reject it for Ucluelet.

However, today the reality is that the residents no longer have a choice. The resource-reliant economy—the only viable alternative to tourism and Tofino-ism—is no longer possible. Three of their four mills have closed down, and the fishing is becoming less fruitful by the season. Without a strong local economy, without jobs for the residents, the town would cease to exist.

And so killing the Ucluelet we once knew and loved—sacrificing some big and meaty chunks to the vultures, selling parts of it to the highest bidder, letting them develop and contort it into their skewed and unholy conception of progress—is, unfortunately, the only way of saving it.

Ten Days of Detox

One student reaps the benefits of a controversial cleanse



by Michelle Martin
graphics by Anthony Frattaroli

Fire erupted in my mouth and tears welled at the corners of my eyes. The spicy lemonade concoction swirling around my tongue held a "pinch" of cayenne pepper (not added to taste, as the recipe suggested), which shocked my senses like a mouthful of wasabi. It not only cleared my nasal passages but also overpowered the mixture's base ingredients of fresh-squeezed lemon juice and Grade B maple syrup in purified water. I suppressed the urge to shout. Such an outburst would disturb my professor's 9:30 a.m. stream of consciousness on social theory and prompt skepticism and inquisition from my peers. They'd certainly question my new-found eating habits, wondering, "How can 10 days without food be healthy?" and "Aren't you going to be hungry?" Their cautions would likely parallel the concerns of mainstream Western medicine and nutrition practitioners, and on the first day of the 10-day master cleanse, I could not adequately justify my choice. I aligned with my inner skeptic and refused to echo the ethos of cleansing advocates until I'd experienced the benefits of detoxification first-hand.

The proposed benefits of the popular do-it-yourself body detoxification regime sounded too good to be true—apparently, the master cleanse would increase my energy and vitality and boost my overall health in a matter of days. But to reap these benefits, each day I'd have to drink multiple glasses of the spicy lemonade mixture (with a recipe I had goofed), start each morning with sea salt-infused water and abstain from food. Nevertheless, the idea of a full-body invigoration was enchanting enough to persist with the regime and try the recipe again. While exam time neared and term papers piled up, I had suffered waning energy levels and a foggy head from late nights in the computer lab and a diet exclusive to the university's cafeteria and vending machines. A detox sounded like a good place to begin a drastic lifestyle alteration.

The master cleanse is one of the lowest-cost detox options. The popular Wild Rose Herbal D-Tox kit sells for about $30 and is not a fast like the master cleanse but does impose major diet restrictions. A plethora of other detox products, including teas and food patches, ranged from $10 to over $60. With the multimillion-dollar body detoxification industry regularly inventing new products and practices, it was comforting to know hundreds of thousands of people had already tried the master cleanse. It was first popularized by alternative-medicine pioneer Stanley Burroughs, author of the 1976 book *The Master Cleanser*. Thirty years later, the master cleanse remains popular. One online forum dedicated to the cleanse has received nearly four million hits and almost 100,000 messages.

Also attesting to the continued popularity of the master cleanse is the recent book based on the master cleanse, *Lose Weight, Have More Energy & Be Happier in 10 Days*. Author Peter Glickman notes on his promotional website that he has done master cleanses spanning from 10 to 28 days more than 15 times since 2003 and has counselled hundreds of inquisitive others. The master cleanse is "the fastest and most effective way to regain your vitality and to feel the joy of living again, never mind that it will help you lose weight and give you astounding energy," he writes.

Glickman's propagandist fervour caught my attention, and the online community of cleansers eased my concerns of weakness, hunger pains and self-inflicted starvation. And, to my delight, the first three days of cleansing were painless: Wake. Drink salt water. Go to bathroom. Grind lemons. Go to bathroom again. Mix "mild" lemonade for the day. Go to bathroom a third time. Commence low-energy daily activities. Nap. Make more lemonade. Drink laxative tea. Sleep (heavily).

Then, during the twilight hours of Day 3, my carnivorous subconscious tested my willpower with dreams of meatballs. Come morning, the regime's required one quart of sea salt-infused water—a gag-inducer that prompted the "flushing" away of toxins—quelled that fantasy. On the upside, the drink did have the unexpected outcome of raising the status of my lemonade breakfast to that of a comfort food.

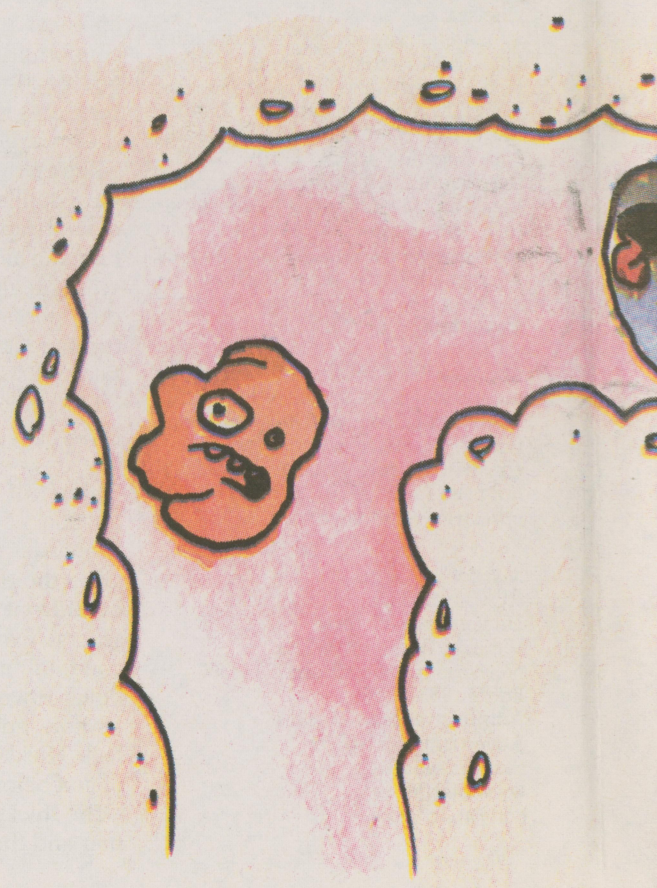
On Day 5, I woke to such a pounding headache that I could hardly fathom leaving my bedroom to meet local alternative-medicine guru Todd Howard. But I trudged my way downtown and was rewarded as Howard soothed my lethargic mind, validated my detox choice and explained my symptoms. "In today's society, we toxify our bodies on a regular basis.... Cleansing is absolutely essential to give the digestive system a rest and allow the body to purge all that toxic build-up that is accumulated." The Victoria-based acupuncturist, who has a doctorate in traditional Chinese medicine, often advises his clients to try cleansing. However, he's more likely to make this recommendation in the spring than during the fall and winter, when people are generally more susceptible to viruses. He regularly recommends his healthy clients try the master cleanse. The lemon juice and maple syrup "can really provide a great deal of the micronutrients that you need," he said, noting that the cayenne pepper is an incredible cleansing agent for the liver and digestive system.

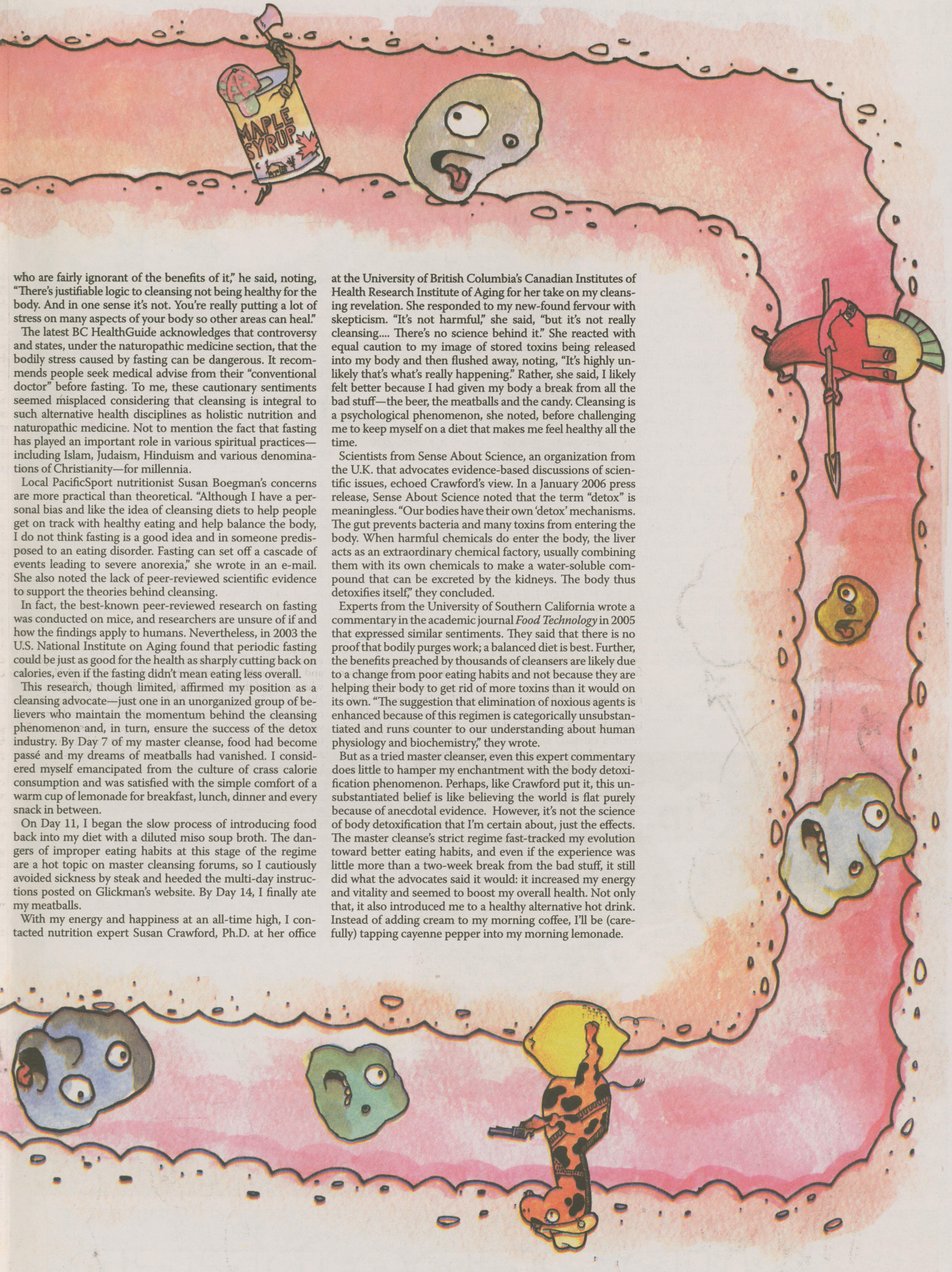
Though information about the master cleanse is abundant on the Internet, Howard advises first-time cleansers to seek professional guidance so that they don't misconstrue unpleasant side effects—commonly nausea, headaches, fatigue and irritability—as sickness. Those symptoms are common, he explained, because as the intestinal layers peel away and slough off and cells break down, toxins are released into the body.

"You're experiencing so many different effects from different toxins that have been in your body for years and years, and you're getting a pretty heavy dose of it," said Howard, who is one of the founders of the Pacific Rim College, a new alternative-focused medical college in Market Square. While off-putting side effects are common, Howard noted his own very positive experiences with the master cleanse. When attending university in the late 1990s, he was able to maintain an intensive elite distance running schedule of more than 150 kilometres a week from the lemonade mix that quickly increases blood sugar levels.

Nevertheless, Howard said, master cleansers should keep a low profile, since their immune systems are temporarily weakened. Reflecting upon his comments, I realized that my weekend of bar-going debauchery was a lapse in judgment (even though I had kept my energy-boosting lemonade mix in my beer-holding hand and a bottle of filtered water in the other).

Howard, who learned about cleansing by reading books, attending a Thai cleansing retreat and experimenting with different cleanses, was quick to acknowledge the controversy surrounding cleanses. "I think the dissidents are the people





who are fairly ignorant of the benefits of it," he said, noting, "There's justifiable logic to cleansing not being healthy for the body. And in one sense it's not. You're really putting a lot of stress on many aspects of your body so other areas can heal."

The latest BC HealthGuide acknowledges that controversy and states, under the naturopathic medicine section, that the bodily stress caused by fasting can be dangerous. It recommends people seek medical advise from their "conventional doctor" before fasting. To me, these cautionary sentiments seemed misplaced considering that cleansing is integral to such alternative health disciplines as holistic nutrition and naturopathic medicine. Not to mention the fact that fasting has played an important role in various spiritual practices—including Islam, Judaism, Hinduism and various denominations of Christianity—for millennia.

Local PacificSport nutritionist Susan Boegman's concerns are more practical than theoretical. "Although I have a personal bias and like the idea of cleansing diets to help people get on track with healthy eating and help balance the body, I do not think fasting is a good idea and in someone predisposed to an eating disorder. Fasting can set off a cascade of events leading to severe anorexia," she wrote in an e-mail. She also noted the lack of peer-reviewed scientific evidence to support the theories behind cleansing.

In fact, the best-known peer-reviewed research on fasting was conducted on mice, and researchers are unsure of if and how the findings apply to humans. Nevertheless, in 2003 the U.S. National Institute on Aging found that periodic fasting could be just as good for the health as sharply cutting back on calories, even if the fasting didn't mean eating less overall.

This research, though limited, affirmed my position as a cleansing advocate—just one in an unorganized group of believers who maintain the momentum behind the cleansing phenomenon and, in turn, ensure the success of the detox industry. By Day 7 of my master cleanse, food had become passé and my dreams of meatballs had vanished. I considered myself emancipated from the culture of crass calorie consumption and was satisfied with the simple comfort of a warm cup of lemonade for breakfast, lunch, dinner and every snack in between.

On Day 11, I began the slow process of introducing food back into my diet with a diluted miso soup broth. The dangers of improper eating habits at this stage of the regime are a hot topic on master cleansing forums, so I cautiously avoided sickness by steak and heeded the multi-day instructions posted on Glickman's website. By Day 14, I finally ate my meatballs.

With my energy and happiness at an all-time high, I contacted nutrition expert Susan Crawford, Ph.D. at her office at the University of British Columbia's Canadian Institutes of Health Research Institute of Aging for her take on my cleansing revelation. She responded to my new-found fervour with skepticism. "It's not harmful," she said, "but it's not really cleansing.... There's no science behind it." She reacted with equal caution to my image of stored toxins being released into my body and then flushed away, noting, "It's highly unlikely that's what's really happening." Rather, she said, I likely felt better because I had given my body a break from all the bad stuff—the beer, the meatballs and the candy. Cleansing is a psychological phenomenon, she noted, before challenging me to keep myself on a diet that makes me feel healthy all the time.

Scientists from Sense About Science, an organization from the U.K. that advocates evidence-based discussions of scientific issues, echoed Crawford's view. In a January 2006 press release, Sense About Science noted that the term "detox" is meaningless. "Our bodies have their own 'detox' mechanisms. The gut prevents bacteria and many toxins from entering the body. When harmful chemicals do enter the body, the liver acts as an extraordinary chemical factory, usually combining them with its own chemicals to make a water-soluble compound that can be excreted by the kidneys. The body thus detoxifies itself," they concluded.

Experts from the University of Southern California wrote a commentary in the academic journal *Food Technology* in 2005 that expressed similar sentiments. They said that there is no proof that bodily purges work; a balanced diet is best. Further, the benefits preached by thousands of cleansers are likely due to a change from poor eating habits and not because they are helping their body to get rid of more toxins than it would on its own. "The suggestion that elimination of noxious agents is enhanced because of this regimen is categorically unsubstantiated and runs counter to our understanding about human physiology and biochemistry," they wrote.

But as a tried master cleanser, even this expert commentary does little to hamper my enchantment with the body detoxification phenomenon. Perhaps, like Crawford put it, this unsubstantiated belief is like believing the world is flat purely because of anecdotal evidence. However, it's not the science of body detoxification that I'm certain about, just the effects. The master cleanse's strict regime fast-tracked my evolution toward better eating habits, and even if the experience was little more than a two-week break from the bad stuff, it still did what the advocates said it would: it increased my energy and vitality and seemed to boost my overall health. Not only that, it also introduced me to a healthy alternative hot drink. Instead of adding cream to my morning coffee, I'll be (carefully) tapping cayenne pepper into my morning lemonade.

Rhythm in Canada

Hand drumming rattles halls at UVic

by Hilary Agro

If you're in the MacLaurin music wing on Mondays or Thursdays around noon, you might wonder why the floor is shaking. Don't worry, you're not reliving *Jurassic Park*. The 30 or so African drums being played in the basement are the culprits.

Walk into the class and all sound is drowned out by the pounding of traditional African hand drums called *djembes* (pronounced jem-bay). Shaped like giant goblets, these West African instruments produce three main sounds and a million rhythmic possibilities.

University of Victoria students of MUS 208, Popular Music and Society: African Hand Drumming, now have the chance to explore what has, until fairly recently, been a relatively unknown musical culture in Canada.

The students have prominent percussionist Jordan Hanson as their professor. He has lived in places such as Cuba, Brazil, Indonesia, Thailand and West Africa, studying with some of the world's top percussionists.

"In Cuba, I discovered that the roots of all percussion are really in Africa," said Hanson. "So I wanted to go there and see first-hand the origin of rhythm that spread to other parts of the world."

It was there that Hanson heard of Mamady Keïta's fame. Hanson travelled to Belgium, where he first had the honour of meeting and studying with the Guinean percussionist. Keïta, who could be considered the Jimi Hendrix of the hand-drumming world, will be giving workshops in Victoria from March 15 to 18.

"Mamady is almost single-handedly responsible for the explosion of interest in drumming around the world," said Hanson. "He's a legend."

After teaching for some time with Keïta in Winnipeg, Hanson moved to Victoria, where he established the current hand-drumming course at UVic. Since the first semester it was offered, three years ago, the wait-lists have more than matched the class size every time.

"It gives you skills and opportunities that you don't get in a normal university class," said Aubrey Burke, a first-year science student. "You're working with people in a completely different way." There is relatively little written work; the class is almost entirely hands-on.

"Students find it a stress relief to get in there and drum for a few hours each week," said Hanson.

"And he's absolutely right," said James Billingsley, a second-year student, "the polyrhythms give me a sense of inner peace. It's very meditative and nice. I like it."

An interesting thing about African hand drumming is its accessibility. Unlike regular music, the rhythms are never written down—they're all played by ear.

"It's like learning a language—you hear something and you repeat it back," said Hanson. "People pick it up quickly because it can be very simple. But the deeper you go into it, the more it opens up to you, the more complex it can be."

The drumming culture in Victoria doesn't end with the class. Casual drum circles and formal workshops are regularly put on by local and international percussionists, such as the upcoming workshop with Celso Machado. A world-renowned virtuoso guitarist and percussionist from Rio de Janeiro, Brazil, Machado's life as a musician began very differently from most.

"As a child, I never studied with anyone. For us, playing percussion was just the most fun thing at my house," said Machado. His family didn't have any actual instruments, so they simply played with what they had.

"For the bass drum, we'd bang on the closet door or a table. We could play a piece of paper on the floor like a shaker, use pots. Anything can be an instrument." And Indeed, Machado is still known for being able to turn a simple box of matches into a veritable percussion orchestra.

This Saturday, Jan. 20, Machado will be bringing these Brazilian techniques to the Fairfield Community Place. For $20, or $15 each with two people, you can take either the beginner or intermediate class and learn from a master drummer.

Though there may not be an age-old rhythmic tradition in Canada, Machado says that there are great benefits to our melting pot of a country.

"[Percussion] is very important, especially in a country like Canada. Many people immigrate here, contributing their different cultures, and it's important to share all these different ideas with people who've never had a chance to travel, so things can grow and develop together," he said. "You find out in the world that it's all one voice."

LINLEY FAULKNER PHOTO

This term's Popular Music and Society class is studying African hand drumming.

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How to be a fool and a successful indie musician

by Leif Nordholm

Independent musicians in Victoria have a stunning survival rate. Consider better-known independent performers such as Armchair Cynics and Clay George. One part of the Victoria indie scene that is often overlooked is children's entertainment.

Aubrey Burke has been performing professionally as Poco, a musical clown, for 17 years. Although he plays at numerous venues, he has remained independent for his entire career. He now pays his tuition at UVic by keeping his audiences laughing.

Independent musicians often experimental and edgy push the boundaries of accepted norms in music and society; however, being an independent musical clown has different rules.

"You're working with kids, right, and you can't have their parents peeved off about what you've said," says Burke. "You definitely have boundaries." Still, musical clowning has room for experimentation.

"In many ways you can push—not so much what's acceptable, but what's the norm," he says. "Instead of just what's on the stage, you can make it more theatrical, three-dimensional—like a Kiss concert rather than just a solo player on a stool."

But Burke is no stranger to being a solo player. In Victoria, he has busked and played at venues that range from open-mic events to the Victoria Arts Festival.

His act is an assortment of old-fashioned folk ditties and rock tunes. At children's events, he usually dons a guitar or ukulele to play old familiar songs such as "Polly Wolly Doodle," "Rockin' Robin" and "O Susannah."

"It's feel-good music. It makes you want to dance," he says. He also chooses these songs because they are suitable for his audience. "It's very clean, comical music that works well with kids.... I couldn't see getting up on stage with my clown costume [and] playing alternative music."

Burke has not yet formatted his tomfoolery for mature audiences. His act is designed specifically for younger eyes and ears. Despite this, it isn't just the tykes who get a laugh out of his show.

"When you're performing for kids, you perform for their parents, too, so you try to cater to both audiences. But it's mostly for the kids, so I keep to clean comedy."

A group of merry-makers that Burke finds inspiring is Clowns Without Borders. The group visits war-torn regions.

But Burke's main inspiration is his own family—also known as Tickles, Yowza and Dots-A-Lot—which has had a clown service for the 17 years that Burke has been performing.

There are no training institutions where such an education is offered. As Burke explains, clowning and music are "pretty much two separate acts. You go to clown camps, there's opportunities out there to learn clowning, and that's your base, and you can bring anything into it." For this joker, playing music while goofing off just came naturally.

"Music's something I've had an opportunity to bring into it. If you were a scientist, you could bring that into it," he says. "That one thing that makes you unique, that's your clown character. Pretty much anything you want to bring into it, that's an extension of yourself."

PROVIDED PHOTO

Aubrey Burke, a.k.a. Poco the clown, plays the classics, "Polly Wolly Doodle" and "Rockin' Robin."

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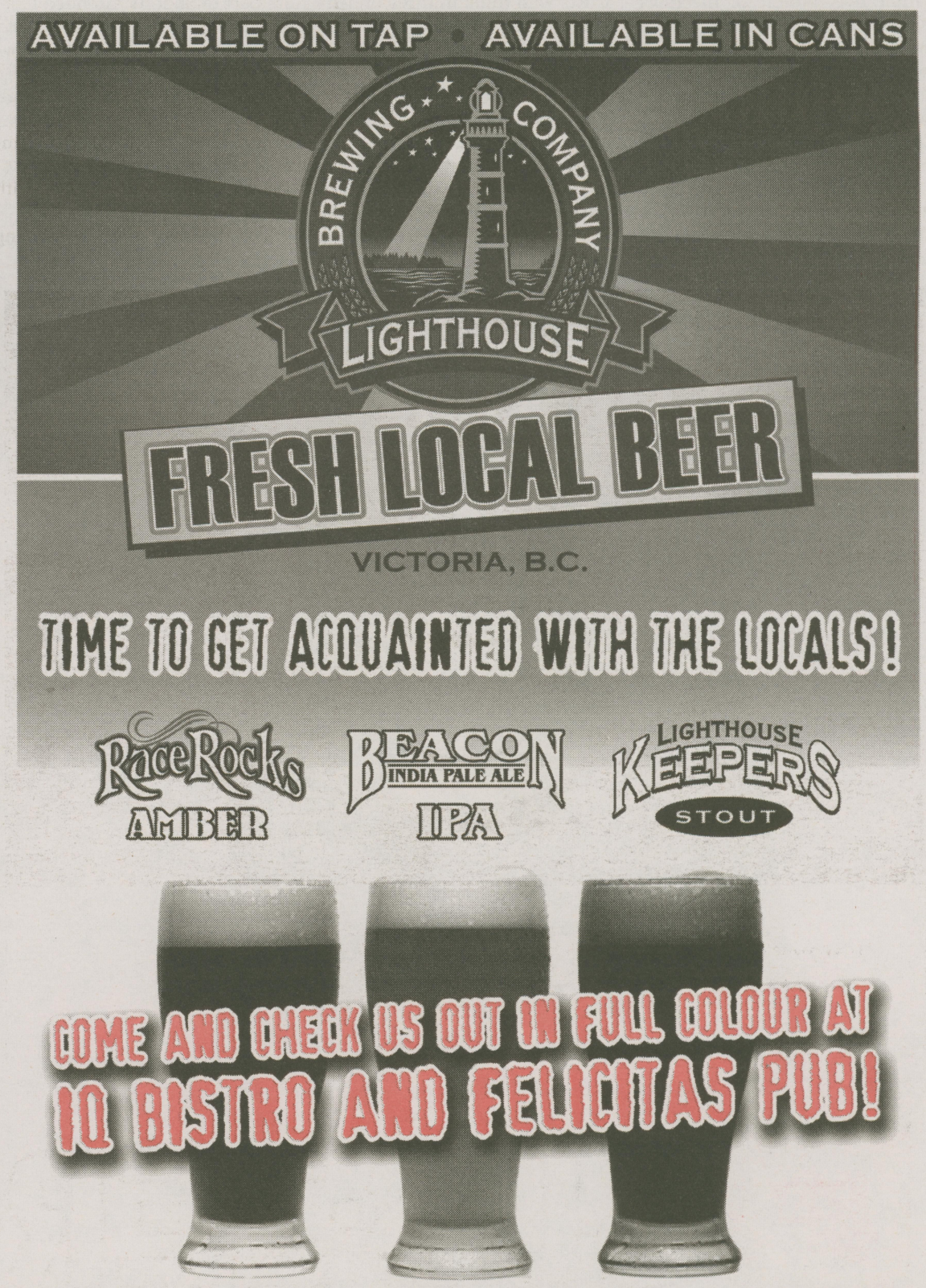


Project arts scene

by Melanie Tromp

When Victoria's arts scene was recognized by the government of Canada and the garden-party city was named an official Cultural Capital in 2005, the title and award money yielded a pretentiousness that was noticed by some people in the community. Soon, it became grossly apparent to them that the one thing the local scene lacked was an open space with no airs and no wait-lists.

Enter The Project, a nouveau meeting place for devoted local artists who were feeling Victoria's lack of space for the big ideas and creative needs of avant-garde artists.

"Ultimately, we are trying to work at a place for artists, even more than a space for the art itself," explained Michael Macdonald, a mixed-media painter and Project board member. "We're creating a community more than anything else."

Daniel Lombardi, one of The Project's founders, said he needs to interact with other artists in order to grow and develop professionally.

"I'm learning what it means to be an artist and am excited about the big projects that can happen with this kind of support and freedom," he said.

After five months of meetings and paperwork, The Project's core members began converting the former headquarters of Victoria's Taiwanese Nationalist Association, on Fisgard just outside of Chinatown's golden gates, into a malleable studio/gallery/workshop for both surface and performing arts.

The Project's board members hope to emulate the environment of Andy Warhol's legendary Factory, a Manhattan mecca for the '60s arts crowd to rant and dream and create.

Although the Project unofficially debuted onto the arts scene last December with an informal open house for about 150 to 200 artists and art patrons, the venue's grand opening is slated for Saturday, Jan. 20.

This weekend's event will première a group show that included mixed-media paintings, drawings and three-dimensional compositions from numerous Project board members.

"The Project has become an animal outside of ourselves, bigger than ourselves," commented Blair Kennaley, another Project artist and board member. "We hope that this space has enough energy and vitality that it can be picked up and run by the next generation of artists."

Future plans include workshops, film screenings, readings, rant nights, photography and numerous solo shows. Sticking to its organic and evolutionary roots, the future path of The Project will likely be dictated by innovative new artists who join into the collective simply by showing up, hanging out and sharing ideas.

"In terms of future goals, I'd like to connect with more sculptural artists who think in three dimensions," noted Kennaley. "There's a ceiling, walls and a floor to be used."

The board members are currently paying the overhead costs out of their own pockets but are hoping that both arts community grants and local funding will come in to cover costs and potentially open up the venue for regular daytime hours.

Old, tired Dogg

by Laura Cameron

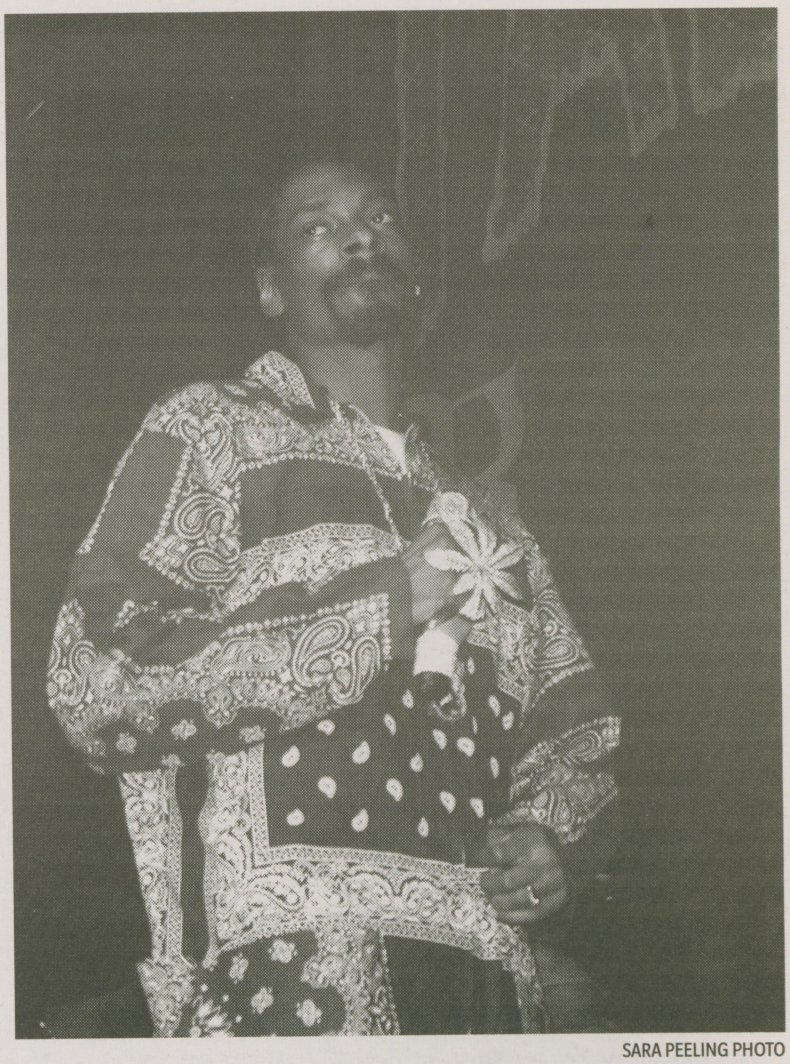
You can't teach an old dog new tricks, but people don't go see Snoop for his innovation. He definitely isn't lacking fans in Victoria—people showed up in droves to his concert with Ice Cube, WC, Daz Dillinger, Kurupt and Belly at the Save-on-Foods Memorial Centre last Friday.

There was a feeling of excitement in the air that turned sour when the beer tables closed before the opening set ended. Crowds got all fired up as soon as the stadium went dry.

Snoop Dogg and Ice Cube are no longer in their youth, but they aren't washed up yet. Snoop Dogg's 2006 album, *Blue Carpet Treatment*, debuted at number five on the billboard charts, and Ice Cube's gold record from last year, *Laugh Now, Cry Later*, debuted at number four.

Daz Dillinger and Kurupt, who are part of Snoop's extended family, Tha Dogg Pound Gangsta Crips, were openers at the show Friday. Snoop was rolling 15 deep including DJs, a backup band, dancers and bodyguards. The live drummer and bassist added some immediacy to the drone of played-out party lyrics.

Even without Pharrell, "Drop It Like It's Hot" was the biggest crowd-pleaser of the evening. Although the audience dug Snoop's signature style, it was tough to distinguish between such gangsta rap classics as "Gin and Juice" and the songs he played from his new record.



SARA PEELING PHOTO

Snoop's bandana jumpsuit was the highlight of his burnt-out act.

Whether it's old age or too much weed, Snoop is a little burnt out. On Friday, he was so tired, he didn't bother to change out of his pyjamas before going onstage. Unfortunately, the one-piece bandana suit was as good as his show got.

On the other hand, Ice Cube, who hasn't switched up his outfit since 1980s NWA, put on a banging show. A huge inflatable hand throwing up the dub sign and the blanket of smoke over the audience set the West-Coast vibe for the night. Ice Cube is getting on in years, but he was pumping his fist and jumping around the stage like he was pushing 20 instead of 40.

He rapped classics like "Straight Outta Compton" and "Bow Down," and more recent hits such as "You Can Do It." Ice Cube can still work a crowd, but after his set when Snoop hit the stage, the night deflated along with Cube's giant West-Side hand.

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TOP TEN

FOR THE WEEK OF JANUARY 15TH

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1. THE SADIES *
   Tales Of The Rat Fink Soundtrack (Outside)
2. NEKO CASE
   Live From Austin TX (New West)
3. WILLIE NELSON
   Songbird (Lost Highway/Universal)
4. AWAY RI'O †
   All Things Shining (Aaargh)
5. SWAN LAKE †
   Beast Moans (Scratch)
6. THE POSTMARKS
   The Postmarks (Unfiltered)
7. ITALIAN EDITION †
   The Fable Of The Mouse and The Frog (Independent)
8. VARIOUS *
   You and Yours (Burnt Oak)
9. JOANNA NEWSOM
   Ys (Drag City)
10. JOHNNY CASH
    Live From Austin TX (New West)

Hear the weekly top ten on Charts and Graphs every Thursday at 3:00 PM on CFUV 101.9FM.

Belly up to the table

Ahmad Balshe, a.k.a. Belly, says the strongest people are those that made it out of 'shitty situations'—like he did.

by Jessica Smith

Rap culture, from what I understand, involves a bit of bravado.

"I'm greatest, I'm the greatest. They can't touch me," says Ahmad Balshe, the rapper from Ottawa known as Belly, when I asked him how he stacks up to other Canadian rappers. "They need 10 years to even catch up to one line. That's honest, that goes for anybody, you know."

I sat down with Belly before his show on Jan. 12 at the Save-on-Foods Memorial Centre. On the flip side of the bravado, Balshe shows respect for guys he knows "can still throw it down," meaning they share his talent for freestyling, a skill that seems to be disappearing from the rap game. And he also has a lot of love for the guys he shared the stage with at the show.

"I know Snoop always brings something to the table when he performs, the same with Ice Cube—they're both legends in the game, you know," he says. "I'm gonna bring something to the table myself and I'm gonna show Snoop and Ice Cube and Canada that we got raw talent up here that's gonna be exposed, the way I'm exposing it right now."

The bravado mixed with modesty fits Balshe's dual personalities: Belly and Rebellyous. "Rebellyous is the guy you're going to see at the Snoop Dogg show; Belly is the guy you're talking to right now," he says.

Balshe explains his nickname to the media with an anecdote from his childhood, when he would play football and tuck his jersey into his shoulder pads, to intimidate the other team with his gut.

"It's just everything I do, I do bigger," he says, referring not to his belly but to his latest music video, "Pressure," featuring Ginuwine. At over $200,000, it had the biggest budget for any Canadian rap video in history. "It's either go big or go home, you know? If you don't take risks you're just gonna end up with minimal results. You take risks, you're either going to make it or break it, and when you do make it, you make it big, bigger than anybody else."

Balshe didn't always have a $200K lifestyle, and that's one thing he believes makes people love his music.

"People love to see the story of somebody with nothing come up to have something. I'm truly that," he says. "I am the blueprint of that story, I am the script, you know. We really had nothing when we came here." Now, Balshe is a vice-president of his record label, Capital Prophet Records.

Balshe and his parents emigrated from Palestine when he was a child. When I asked what it means when he says he was "hustlin'" to get by, he's a little vague about details.

"It means what it means, man, you know?" he says. "Trying to get your hands on something to be proud of, you know what I mean? Venture shoes and dinosaur jogging pants don't cut it, you know? That's what it is."

Balshe believes there are "shitty standards of living" in Canada and hustlin' isn't just an urban American phenomenon. He believes anybody who has lived through that situation has something in common and will listen to his music and think, "Oh he went to school with holes in his shoes? Oh, he's been through it too." He's got a lot of respect for that.

"The strongest people make it out of those type of situations," he says. "That's the strongest people, not the people that were born with a silver spoon in their mouth. The people that were born with nothing, and melted down the silver to make that spoon and put it in their kid's mouth. That's somebody who's somebody."

But Balshe's music isn't just for people who've had to go to school with holes in their shoes.

"Everybody can relate to a struggle because everyone struggles in one way or another," he says. "Everybody, everybody struggles to do what they've gotta do. If a dude's got a million, he's struggling to make 10, you know? It's always a struggle, no matter what type of class you're in, there's always a struggle for you."

PROVIDED PHOTO

Canadian rapper Belly says he started with nothing—but soon he'll take over the world.

It's universal struggle that brings people together, and it was also what kept him from performing the last time The Game went through Ottawa. He heard whispers that the "law or the powers that be" didn't want all of his fans together in one place at one time. His fans "have all types of differences between each other, [but] they can all relate on the subject of Belly, cause they all got support and love for me," he says. "From every side of the city, every set that anybody could claim, or any gang that anybody wants to talk about, I bring everybody together."

After uniting everybody, what's next for Belly?

"The world," he says. "I'm taking over the world, I promise. I'm going to be the international superstar that hasn't come around since Michael Jackson. But I'm not going to do what Mike did. Or what they say he did—I ain't going to accuse Mike like that."

But wait, he says, there's more: "It's a new era for Belly, and the revolution is coming. The revolution has begun and the revolution will be televised."

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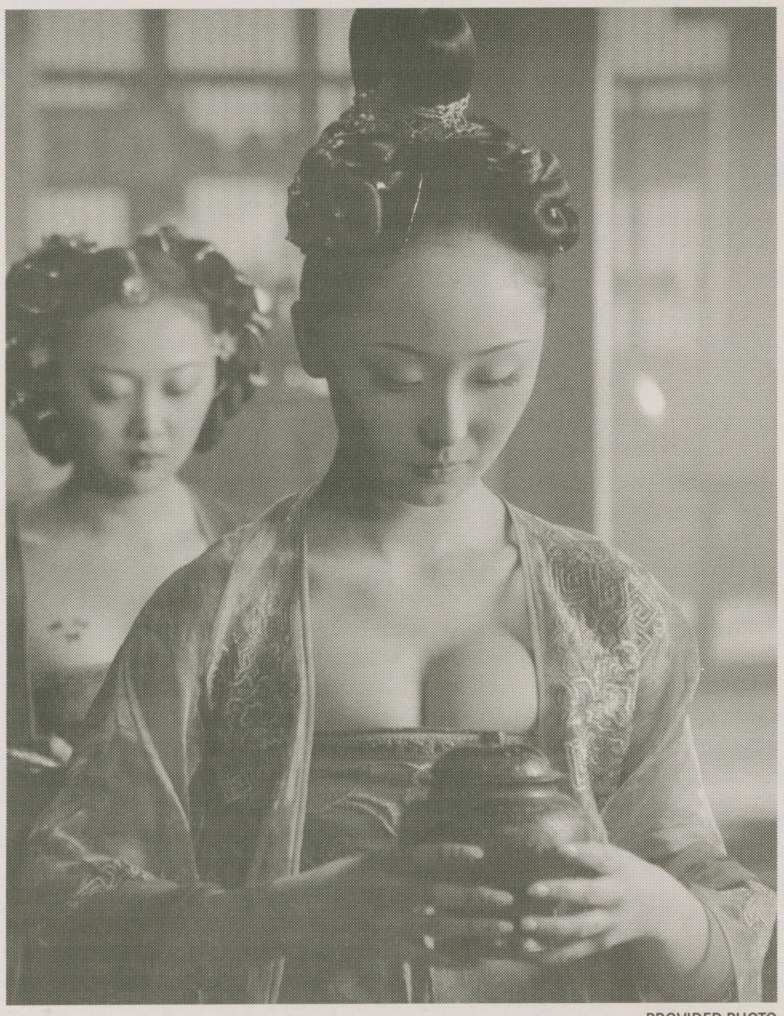
REVIEWS | Film, albums and literature



PROVIDED PHOTO

Gong Li brilliantly portray's Emperor Ping's royal concubine.

Curse of the Golden Flower
Yimou Zhang
Sony Pictures Classics

by Josh Szczepanowski

Amid assassination attempts, dissent from his heirs and an all-out rebellion, Emperor Ping keeps a steady hand on the wheel and comes out unscathed—which seems distinctly odd to Canadians watching the film, as we normally root for the underdog.

Clearly, Imperial China does not.

Curse of the Golden Flower is the latest *wuxia* (martial arts) film from director Yimou Zhang, well known for recent epics *Hero* and *House of Flying Daggers*. In this film, Chinese action-hero Chow Yun-Fat plays Emperor Ping, who is set on maintaining the throne against the plotting machinations of his sons and wives.

Sometimes Westerners feel a lack of connection with foreign films because they don't recognize the actors, but Chow Yun-Fat is arguably one of the most popular Chinese actors on the big-screen, and our familiarity with him helps this film immensely. The first hour of *Curse of the Golden Flower* would be unbearably boring with a lesser actor, but Yun-Fat's Emperor Ping is thrilling to watch: his character is filled with emotion, regal strength, wisdom, a terrible temper.

Speaking of being thrilling, Emperor Ping's royal concubine is played by internationally renowned actress Gong Li in a riveting and intense performance. Li's Empress Phoenix is coming apart at the seams. She is being gradually poisoned by the Emperor and is in love with her own son. In this role, Li is strong and proud and does a beautiful job of showing how the brutal set of rules and etiquette in the Forbidden City could break a woman down over a few decades.

Much like last year's *Marie Antoinette*, *Curse of the Golden Flower* is visually overwhelming—the colours used here would make a peacock blush. The film looks like a watercolour painting from beginning to end, and some of the set pieces are awe-inspiring. There is an incredible beauty in the Forbidden City that comes across on film better than it does in person. The city is one of the stars of the show—its grandeur provides a suitable epic backdrop to the over-the-top main characters. In contrast, the few scenes outside the city are dull and lifeless—ironic, as these are also the scenes where most of the film's fights take place.

The first fight, between the Emperor and his eldest son, is excellent, but then you have to wait. And wait. After an hour or so, it becomes clear that *Curse of the Golden Flower* is like Chinese Shakespeare—it's all drama with very little action. This wouldn't be so bad if the fight scenes served the story or were well put together, but they're not.

The next fight isn't until more than halfway through the film, and it is ludicrous—filled with gravity-defying shadow assassins who can run faster than horses and wield fish-hook blades that glint with horrid CGI in a watery day-for-night moonlight.

The final fight—designed to impress—is about as satisfying as watching a game of Risk.

Maybe we've come to expect too much from *wuxia* films. Since the excellent *Crouching Tiger, Hidden Dragon*, which managed to have an epic plot and epic fight scenes, it seems like every other film is fighting an uphill battle. It's obvious that directors like Zhang are trying to reach those dizzy heights, but they're just not succeeding in getting much farther than base camp.

In the end, *Curse of the Golden Flower* would have made an excellent historical drama or cautionary tale about the dangers of a too-powerful head of state. There is a lot to love here, so the fact that it is watered down with action sequences in a weak attempt to attract a younger audience is a shame and a waste.

If you go into *Curse of the Golden Flower* thinking you're in for the kung-fu thrill-ride of your life, think again. Save yourself $10 and rent *Rumble in the Bronx* instead.

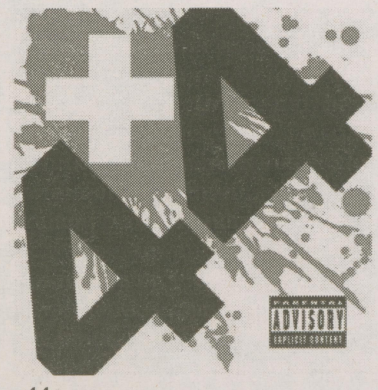
Various Artists
The State I'm In
Universal Music

by Laurie Graham

Do you hear the words "New Jersey" and do you think of soy milk? Arc welders? Hypermodernist art?

Yeah, me neither. Despite the state licence plate angled across its cover, this CD has nothing to do with New Jersey—none of the bands are from New Jersey, and none of the songs are about New Jersey. This compilation is, however, trying to assert a connection to the movie *Garden State*, in spite of the fine print stating it has no affiliation to the film or its soundtrack. It claims, instead, to feature "more music from some of the artists who appeared on the original soundtrack, as well as several others that just as easily could have been." Pretty weak.

See, Sony put out *Garden State*, and this CD is Universal's awesome idea. It's a case of major-label dollar leaching, and there's no need to get involved in any of it. Sure, it's got The Velvet Underground, Yeah Yeah Yeahs, DJ Shadow—who cares? Save your dollars and download the songs yourself. Hey, if you wanted to stick to the New Jersey theme, which had potential, you could start with some Danzig, followed by The Misfits, then Vitamin C, then Dizzy Gillespie, Count Basie, Lauryn Hill, Pete Yorn, Fountains of Wayne, Sister Souljah, The Boss and finally old Blue Eyes himself. That'd be a better use of your time than trolling for this one at the music shop.



+44
When Your Heart Stops Beating
Interscope Records

by Brandon DeLyzer

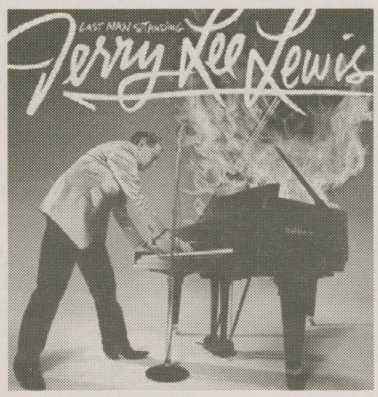
Fuck Tom Delonge. That's what everyone seems to be saying. If you haven't heard, Delonge unexpectedly quit blink-182 during their tour last year for his new project Angels and Airwaves, leaving bandmates Mark Hoppus and Travis Barker feeling bitter and deserted.

Despite all this, Hoppus and Barker instantly began recording at Opera Music, their new studio purchased from former Poison guitarist Richie Kotzen. Now, finally rid of Delonge's whiny word-slurring voice, they call the shots. It was the best thing that ever happened to them.

Guitarists Shane Gallagher (The Nervous Return) and Craig Fairbaugh (Mercy Killers) signed on to the project, but during interviews they seem more like Hoppus and Barker's bodyguards than bandmates. Usually it's the bassist and drummer who are overshadowed, but don't be fooled by their silence—Gallagher and Fairbaugh's dynamic guitars challenge and hone Hoppus and Barker's musical know-how. The result? The genius pop-punk sound dubbed *When Your Heart Stops Beating*.

The album is laced with Barker's hi-hat techno dance beats, British-sounding amps and catchy punk melodies all meshed with Hoppus's most raw and poignant lyrics yet. But there are a few extra perks: synth hooks, electronic drums fused with acoustic ballads, spooky guitar effects and an appearance from Get The Girl vocalist Carol Heller on the romantic call-and-response duet "Make You Smile."

So say goodbye to the childish potty humour of blink-182. Although Hoppus and Barker still aren't taking themselves too seriously, they're starting to grow up.



Jerry Lee Lewis
Last Man Standing: The Duets
Shangri-La Entertainment

by Laurie Graham

For some of you kids, listening to Jerry Lee Lewis isn't that different from being told to scarf down those veggies. If you harbour any interest in the roots of rock music, however, you'd best be shovelling this album into the old aural gullet, pronto.

Jerry Lee "The Killer" Lewis did to rock 'n' roll music what The Who did to pop music.

Lewis dismantled and destroyed in a streak of hellfire, all the while making the piano a consummate lead instrument and creating a style that involved not only bucket loads of energy and anti-authoritarian soul, but a healthy dose of old-fashioned sin and salvation.

Without Jerry Lee, there would be no rockabilly, there would be no Nirvana and there would probably be no sign of punk music.

The Killer is now 71 years old. Energy? Miraculously, still there. Soul? Check. And Lewis is, thankfully, still a total badass.

What's so interesting about *Last Man Standing* is how Lewis overshadows almost every heavy-hitting performer on the album. The only folks who live up to their own icon status are Neil Young, Merle Haggard, Willie Nelson and Ringo Starr (yeah, believe it). But a word of advice: skip Kid Rock and Toby Keith—there's just no need to subject yourself to that kind of punishment.

Scott Pilgrim's Precious Little Life
Bryan Lee O'Malley
Oni Press

by Steve Carey

Scott Pilgrim's life is awesome. He's 23 and in a band. He doesn't have a job and he's dating a 17-year-old Catholic schoolgirl he met on the bus.

But wait. There's this really cynical New York hipster girl, Ramona Flowers, who rollerblades through his dreams. Pilgrim becomes obsessed and they start going out. Then Pilgrim learns that he's got to fight her seven evil ex-boyfriends in order to officially "date" her, like in an '80s Nintendo game.

Canadian graphic novelist Bryan Lee O'Malley has crafted screwball characters such as Pilgrim who are unique and human, the kind who provide those "I know that guy" moments you get from films or novels, and plunked them into modern-day Toronto.

With more pop- and nerd-culture references than you'd see in an independent film, O'Malley has created a truly Canadian, truly grew-up-with-video-games-and-comics-instead-of-friends graphic-novel series that almost everyone will enjoy.

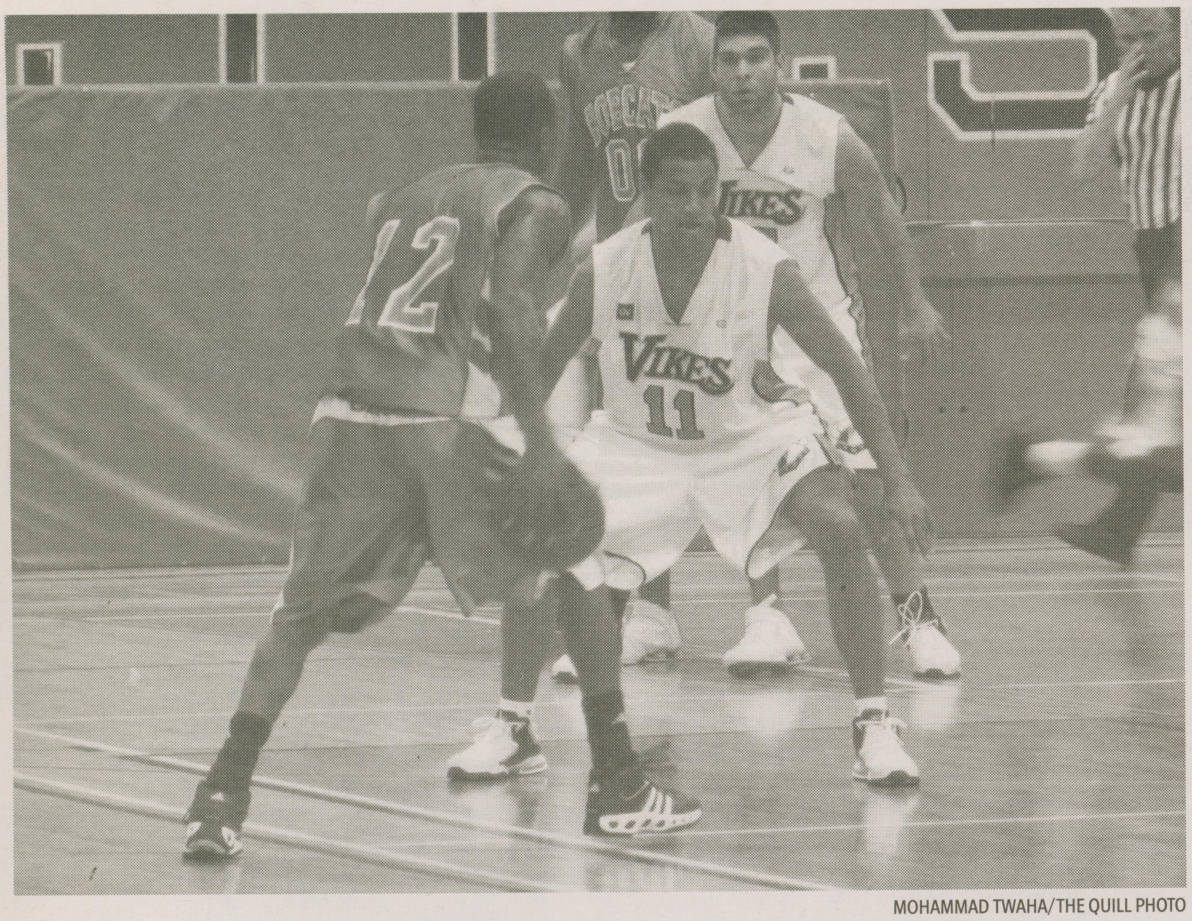
The series comprises story- and character-driven pieces that are just slightly off—mild-mannered Pilgrim is the best fighter in the province, and no one bats an eye at the inter-dimensional travel that Ramona seems to do. Pilgrim goes through intense emotional and physical trauma throughout the books. Each story is strung together with a "Scott defeats evil ex-boyfriend" theme, but the entertainment comes from the realistic and natural ways in which the characters interact with each other and how the drama in their everyday lives overpowers the weird and inexplicable action moments.

As Ramona and Scott spend more time together, Ramona starts to realize that Scott and his friends have their own enemies, and troubles that trump her whole evil-ex-boyfriends of cool-inter-dimensional girl from New York game.

These books are tough to classify—even the publisher, Oni Press, has them categorized in the comedy/action/romance/graphic novel section.

Twenty-seven-year-old O'Malley had released three Scott Pilgrim books so far, with a fourth on the way this summer, called *Scott Pilgrim Gets it Together*. He has been nominated for several awards and in 2006 won the Joe Shuster Award for Best Comic Book/Cartoonist. He's married to American cartoonist Hope Larson, who has released several graphic novels of her own.

The Scott Pilgrim series is a hilarious and enjoyable addition to the shelf for those who are interested in a world where romance is as important as an extra life, safe point or soda pop power up.



MOHAMMAD TWAHA/THE QUILL PHOTO

Brandon's Yul Michel (left) takes on UVic's Josh Whyte. Michel scored the winning basket.

Bobcats win squeaker

by Janalee Burch, The Quill

BRANDON, Man. — After disposing of the undefeated UBC team the night before, the Brandon Bobcats men's basketball team struck again on Jan. 13. The Cats upended the UVic Vikes 82-81 in front of a thunderous capacity crowd at the Brandon University Gym.

With less than a minute remaining and the Bobcats up by one, Brandon looked to fourth-year guard Yul Michel to put the game away. After being fouled at midcourt, Michel was sent to the line with a chance to give the Bobcats a three-point lead.

But he missed both free throws. The rebound went to Vikes guard Josh Whyte, who took the ball for a layup at the other end, putting the Vikes at 81-80 with 8.6 seconds left.

Bobcats coach Barnaby Craddock called a time out and gave Michel the chance to redeem himself. Taking the inbound pass, Michel slashed his way through the Vikes' defence to a right-handed layup with 2.3 seconds left in the game, stealing the game for Brandon.

"I was [upset] because I missed two free throws down the stretch and I didn't want to let my teammates down," said Michel, who had 16 points on the night. "In my head, I just wanted to make up for it, and it worked out well."

Whyte lead the way for the Vikes with a game high of 19 points. Jacob Doerksen had 16 points, while Steve Moore netted 12 and Tyler Hass contributed 10.

The win over UVic gives the Bobcats their fourth straight win and increases their lead of the Great Plains Division. The Vikes, meanwhile, remain one win back of Pacific Division leaders UBC and a comfortable five wins ahead of third-place Simon Fraser.

In women's basketball action, the Brandon's Ladycats were downed by the Vikes 64-51. Despite the loss, the game was one of the best efforts by the Bobcats this season.

The Ladycats were within four points in the third quarter, but the Vikes had an 11-0 run and never looked back. With the win, the Vikes improved to 9-6 on the season, while the Bobcats dropped to 0-14.

Rookie Mel Thompson had a game high of 16 points for the Cats, while Suzanne Campbell added 13 points and shot three-for-six beyond the arc. Vanessa Forstbauer paced the Vikes attack with 15 points. Ashley Kimmett had 12 points and Ashley Yee added 11 points for UVic.

The Vikes men will have a chance to grab first place in their division when they host UBC at McKinnon Gym on Jan. 19 and 20. Their games tip off at 8 p.m., with the women starting at 6 p.m.

PROVIDED PHOTO

Members of Otesha circle a roundabout on their bikes.

Otesha seeks cyclists

by Sam VanSchie

Five years ago two Canadians met in Kenya with a common goal: tell as many young people as possible about how their daily choices make a difference on a global scale.

They started Otesha (Kiswahili for "reason to dream"), a non-profit, youth-run organization based in Ottawa that facilitates communities of cyclists who bike between Canadian cities in making presentations to youth about sustainability.

With hundreds of past participants and many tours coming up, what started as a simple idea has become an impressive initiative.

"It's really blossomed into this amazing entity that's taking Canada by storm," co-founder Jessica Lax said from Ottawa.

Now in their third round of bike tours, the group is recruiting up to 100 ambitious 18- to 30-year-olds as volunteer cyclists or driving interns. And you don't have to be a hardcore cyclist or activist to get involved.

"Basically, anyone who shows a passion for cycling, sustainability and getting youth involved in taking actions are people we want to bring on this tour," said Lax. "I started biking across Canada before I biked much further then to the store."

While Otesha isn't planning any five-month "epic journeys" across Canada right now, Lax fondly remembered cycling from Vancouver to Cornerbrook, Nfld. with 32 others in 2003.

"It was one of the most intense communities I've ever been a part of, and also one of the most rewarding," she said. "Of the 100 bike tour people I know who have gone through the experience, almost all of them will tell you it's the best experience of their life."

The 8,600-kilometre trip was repeated in 2005 along with three shorter regional tours. This year there will be five two-month regional tours, including two that start in Vancouver. One of those trips goes west to the Sunshine Coast, and another heads east to the Rocky Mountains.

Lax pointed out that the shorter trips allow more people to be involved and are more conducive to students who may need to work a few months in the summer. She also said participants will be able to offer more to the team for a shorter period and then go home and rest, avoiding the "definite burnout factor of longer trips."

Cyclists are responsible for providing $1,900 toward their trip, which can be earned through fundraising or by applying to the group's scholarship pool.

Major sponsors and the kindness of strangers are also key to the success of Otesha.

"None of this could happen without volunteers and people across Canada who lend us their backyards to sleep in or make potluck food for us," said Lax. "It's amazing, the generosity of Canadians as we bike across."

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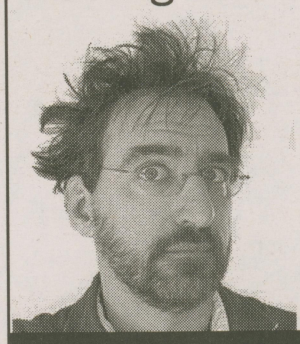

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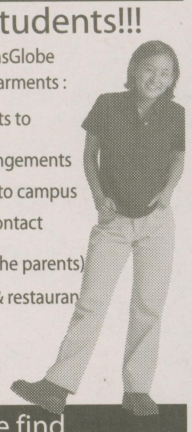

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UVIC Scoreboard!

Women's Basketball

Jan. 13 UVic 64 Brandon 51
Jan. 12 UVic 70 Regina 55

Men's Basketball

Jan. 13 Brandon 82 UVic 81
Jan. 12 UVic 72 Regina 63

Team Tennis

Jan. 13 UVic 3 Oregon 1
Jan. 13 UVic 6 UBC 3
Jan. 13 UVic 6 Oregon 3
Jan. 12 UVic 8 SFU 1

JOCK TALK

"Joggling is a perfect metaphor for the postmodern life: juggling many things at once, hoping not to drop the ball."

- Zachary Warren

Text messengers are next generation of athletes

by Hilary Agro

WESLEY SCOTT PHOTO

An annual text-messaging competition offers a $9,100 prize.

Ever seen your little sister text messaging on her phone and shaken your head, thinking that she could probably win a texting contest? But of course there's no such thing as a texting contest, right?

Not according to SingTel, Singapore's largest telecommunications company. The third SingTel SMS Shootout took place in November, with 16-year-old Singaporean student Ang Chuang Yang beating out 300 competitors to take home the top prize, including the equivalent of about $9,100 cash, more than $9,800 worth of prizes, and bragging rights.

Chuang Yang won by typing out this phrase chosen by Guinness World Records: "The razor-toothed piranhas of the genera Serrasalmus and Pygocentrus are the most ferocious freshwater fish in the world. In reality they seldom attack a human."

Contestants were forbidden from using their phone's predictive text tool or any spelling aids. It all came down to thumb speed. With a time of 41.52 seconds, he beat out the previous world record of 42.22 seconds held by American Ben Cook.

The Shootout is just one of the many phone-related competitions that have started springing up around the world. People compete for titles in sexy talking and even phone throwing.

In Savonlinna, Finland, the Mobile Phone Throwing World Championships are going on their seventh year. The championships are a popular event where, according to the Savonlinna Festival's website, you can "pay back all the frustrations and disappointments caused by these modern equipments."

You can compete in two different categories of phone throwing: the traditional, over-the-shoulder distance throw, and freestyle, where you get points for the aesthetic and creative aspects of your throw. A local recycling centre is a partner in the competition, as part of the point is to make sure that phones end up in the proper toxic waste facilities when they have outlived their usefulness.

The competition also claims to have a philosophical side to chucking one's phone away: "Spiritual freedom from being available all the time."

Though not strictly cellphone-related, 23-year-old Heidi de Leon, from Garden Grove, Calif., is proud holder of the title of the woman with the sexiest voice in America.

In March 2005, Sirius's Maxim Radio held a contest to find the man or woman with the sexiest voice in the United States. De Leon, a Filipino-American graduate of the University of California, signed up as a joke. She beat out thousands of actors and models whose physical beauty was no match for de Leon's vocal beauty.

Along with the prestigious title, de Leon walked away with the equivalent of $1,000 US and a place in history among oratorical greats as the voice behind Maxim Radio's promotional spots.

Maxim is holding another contest this March, so if you feel like your vocal chords could easily turn on 18- to 35-year-old Maxim Radio listeners (big challenge), head on out to New York or Los Angeles and compete.

Someday, as we watch a Scandinavian take the podium at the Olympics for the gold medal in cellphone speed-talking luge, we'll look back and remember the good old days of using our voices and our phones for simple communication.

How primitive.

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A Service of the UVic Students' Society

UVic tennis team serves up first victory

Team undefeated against UBC, Simon Fraser University and University of Oregon at Victoria tournament

by Matthew Lundy
with files from David Karp

Despite having no funding and no coach, UVic fielded a competitive team for the inaugural UVic Invitational Tennis Tournament, one that easily defeated the competition en route to an undefeated record.

The tournament, which took place at the Cedar Hill Recreation Centre on Jan. 12 and 13, included Simon Fraser University, UBC and the University of Oregon.

Over the two days, each university faced one another with nine one-set matches—men's and women's singles action, men's and women's doubles, and mixed doubles. Championship and consolation matches ensued after the round-robin portion was complete.

The opening night saw UVic competing against Simon Fraser, handling them easily and beginning the tournament with a victory, winning eight of nine matches.

Setting the early pace was Rob Fuhrman with a decisive 6-0 victory. Fuhrman outpowered a much larger opponent by teeing off on forehand winners, often set up by his sound service game. His opponent only registered a few points all match.

UVic continued its streak bright and early on Jan. 13, beating out the University of Oregon Ducks 6-3. Victoria started strong, winning all four singles matches, but their weaker doubles players struggled. Luckily, both the mixed doubles pairing of Emma Cunnington and Grant Hatley, and the partnership of Ayelet Gabriel Weil and Claire Hoffman managed to get victories.

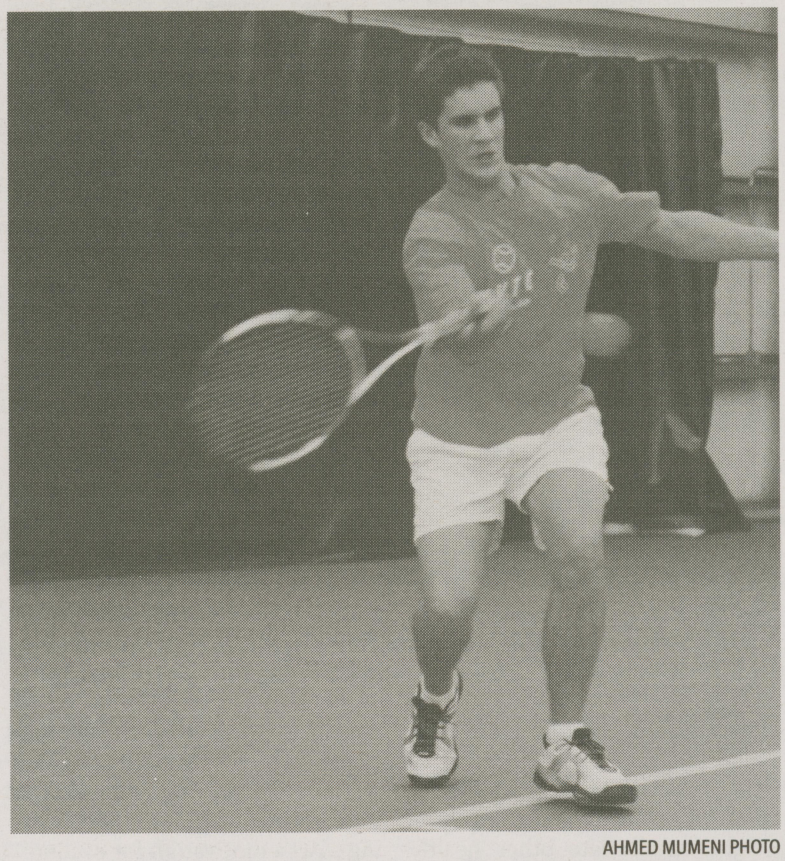
After shooting down the Ducks, UBC was no problem for the Vikes. In perhaps the most exciting match of the tournament, Fuhrman looked strong, grabbing a 4-0 over UBC's Jordan Bruneau. But Fuhrman, playing with a racquet he broke in a match against Oregon, let Bruneau back into the match.

"I was a little nervous at the beginning, and he was hitting some nice balls," said Bruneau. "I couldn't figure out whether I should attack or play defence."

After Fuhrman's lead was cut to 5-4, he switched to a teammate's racquet, muttering, "I'm pretty sure the tennis gods hate me today." But divine intervention came through, and Fuhrman pulled off the victory in a long, awesome final rally where both players forced each other across the court.

"I just got tired," said Fuhrman. "And then playing with a broken racquet was starting to get a lot worse. The strings were starting to go."

The championship round featured UVic once again playing the Ducks of Oregon. Play was set to kick off at 6 p.m. but began a half-hour late. Singles matches featured victories from Fuhrman, Cunnington and Ian Harvey.



AHMED MUMENI PHOTO

UVic's Ian Harvey hits a forehand at the 2007 UVic Invitational.

Cunnington coasted to victory over an opponent who relied on a defence by attempting to track down ground strokes and keep the ball in play while waiting for unforced errors, which were few and far between.

Harvey defeated his opponent 6-3, able to thwart off a powerful service game and expose his opponent's lack of fitness. After shaking Harvey's hand after the match, he threw his racquet across the court, looking less like a tennis player and more like Chris Farley.

Unfortunately, courts were only booked until 8 p.m., when the women's and men's doubles matches were in progress. The tournament was called and UVic was awarded the championship after winning three of the four completed matches.

Although this was their first win, UVic Tennis Club president and tournament organizer Daniel McCombe was not surprised with the result.

"We try to play every match knowing that we're going to win," said McCombe. "It was good to see everyone have an impact, not so much any one player."

Building a foundation for UVic tennis was the primary goal of the weekend.

"Tonight we were trying to showcase what level of play we were at," said McCombe. "We just felt that there was no understanding of what we were doing. [We] needed to do this to get some more awareness."

Future tournaments will be hosted by Simon Fraser and UBC, followed by tournaments at Western Washington University and the U.S. Tennis Association Campus League Championships at the University of Washington.

If this past weekend was any indication, the future of UVic tennis looks bright.

Jogglers excel at multi-tasking on the run

by Stephanie Wright

Juggling is a difficult task on its own. Combine it with running a marathon and you've got yourself a sport in which only a rare breed of athletes can succeed.

Joggling is exactly what you would think—the combination of running and juggling. Although it may sound comical, it's a sport that combines hand-eye co-ordination, concentration and an upper- and lower-body workout.

Plus, there's a cardio component.

We live in a society overrun with the desire to multi-task, and as competitive joggler Zachary Warren pointed out in an e-mail, "Joggling is a perfect metaphor for the postmodern life: juggling many things at once, hoping not to drop the ball."

In order to bring this idea of multi-tasking to a whole new level, top joggler Perry Romanowski goes as far as to listen to audio books on his iPod while joggling.

Each year at its annual festival, the International Jugglers' Association holds a joggling championship, an event that dates back to 1980. With a setup similar to a track-and-field event, the championship includes events from 100-metre sprints to five-kilometre runs, and of course a couple of relay events.

Jogglers are now busy completing entire marathons. So what would inspire someone to run 42.195 kilometres while juggling, of their own free will? As several top jogglers pointed out, it's just plain fun.

The enjoyment seems to come to both the joggler and spectators. Romanowski, who has completed 22 marathons, wrote in an e-mail, "The cheers and expressions on people's faces when they see a running juggler are priceless."

Romanowski also pointed out that the combination of the two sports has allowed him to compete at the highest level.

"The reality is that I'm not a very fast runner and I'm also just an average juggler," he said. "But when it comes to joggling, I'm one of the best in the world."

Through Romanowski is from Chicago and Warren is from West Virginia, jogglers are active in Canada too. Toronto-based athlete Michal Kapral is perhaps the top long-distance joggler in the world.

Kapral set his first world record in 2004 for the fastest marathon while pushing a baby in a stroller. Not completely satisfied, he decided to try for another record the next year—joggling.

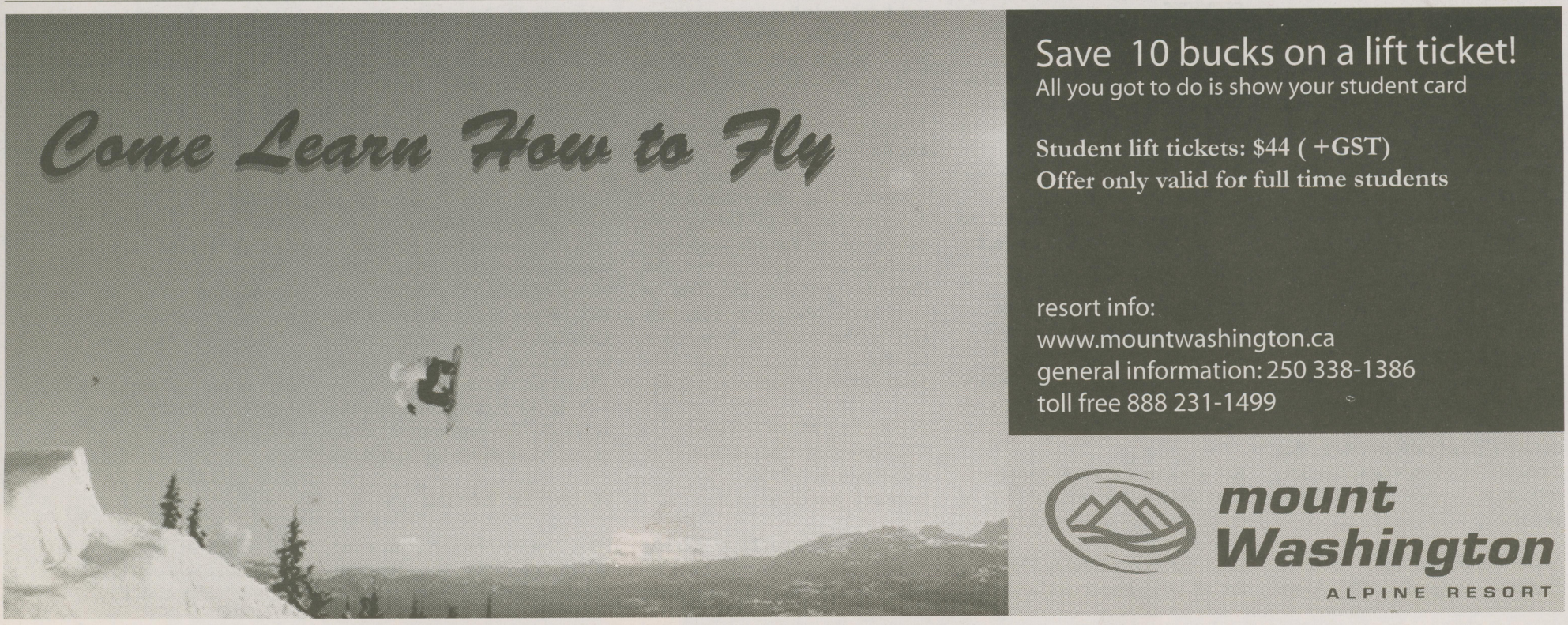
Kapral is in constant competition with Warren for the joggling marathon world record title. They often travel to the same races to compete.

Kapral set the world record at the Toronto Waterfront Marathon in 2005, but Warren broke it at the Philadelphia Marathon two months later. Warren broke his own record at the Boston Marathon in April 2006—only to lose it back to Kapral in September.

The two jogglers continue to hold challenges with one another and are planning another one this spring. Although there is a world record title at stake, the real winners of their races are the children's charities each of the jogglers supports through the pledges they collect.

But joggling isn't just for the pros. It's a very accessible sport for anyone, requiring only a pair of running shoes and something to juggle.

"If you know how to juggle and you know how to run, give joggling a try," wrote Kapral in an e-mail. "It's like a mobile circus."



RESEARCH ROUNDUP

Athletes drink more during off-season, study says

by David Karp

Not every academic essay has to be boring. In the world of sports, there are many fascinating studies from a variety of disciplines. Here are some recent highlights.

Falling off wagon in off-season

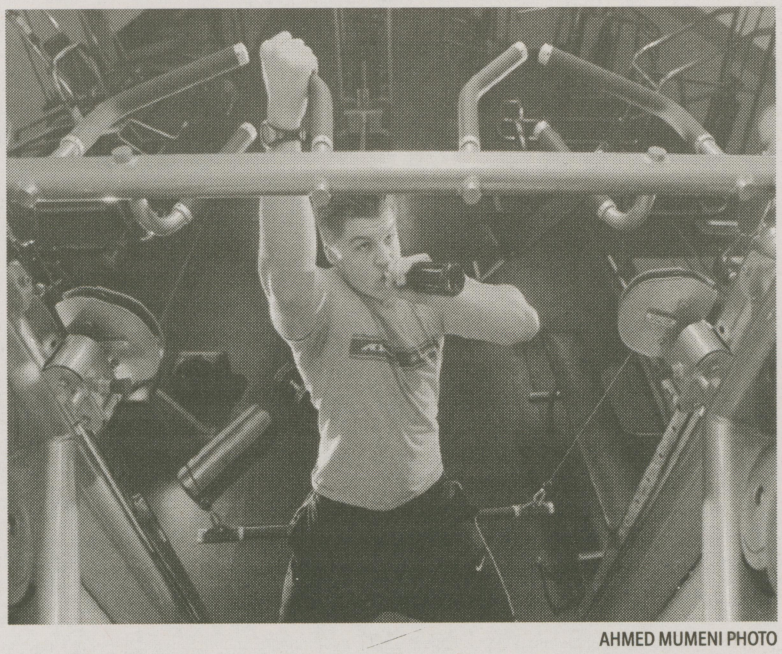
College athletes drink more during the summer than during their sports season, according to a new study in the *Journal of Sport and Exercise Psychology*.

The average male athlete has 11.1 drinks per week during the sports season, while consuming 18.7 drinks per week during the off-season. Females are more conservative drinkers—they down 5.8 drinks per week during the season, compared with 9.1 during the break.

The researchers suggested that the difference may be due to limited free time during the sports season, but that during the off-season, "athletes may feel like they have the opportunity to socialize like a 'normal student,' resulting in increased use of alcohol." The study examined data from 160 NCAA Division I athletes from 11 sports.

Why ride a bike?

A research paper in December's *Journal of Sport Behavior* has tried to decipher the age-old question of why anyone would want to ride a bike.



AHMED MUMENI PHOTO

A study in the *Journal of Sport and Exercise Pyschology* found male athletes average 11.1 drinks per week during the sports season.

The answer? Most people ride bikes to achieve goals: to lose weight or alleviate other health concerns.

Comparing men and women, the study of 1,239 cyclists found that women were much more likely than men to ride bikes to lose weight, to feel part of a group and to better their self-esteem. But if there's more to cycling than meets the eye, it's the mountain bikers who are discovering it. According to the study, "mountain bikers were significantly more likely than road cyclists to endorse life meaning ... as a motivation for cycling."

He shoots up, he scores!

Almost half of college hockey players have taken ephedra, a substance banned by the National Collegiate Athletic Association (NCAA), according to a study published in December's *International Journal of Sport Nutrition and Exercise Metabolism*.

Ephedra is a stimulant that, like adrenaline, increases heart rate and blood pressure and makes breathing easier. It can also cause seizures and heart attacks and was blamed for the deaths of Baltimore Orioles pitcher Steve Belcher in 2003 and football player Korey Stringer in 2001.

The survey of 139 NCAA Division I hockey players found that 48.5 per cent had taken ephedra at some point, but that 61.7 per cent of users had not taken ephedra in the past year.

While the majority of users started taking ephedra while playing junior hockey, one third started taking it during high school.

The authors suggested "that a more visible, credible testing program that spans all college sports may be necessary." Currently, only 15 per cent of players surveyed were tested by the NCAA for the drug.

Smart working men buy sports

Highly educated white-collar men spend the most money on sport-related expenses, according to a study in this month's *Journal of Sport Management*.

"Sport managers aiming to boost their profits should focus their attention primarily on men in the highest educational levels and workers in certain professional status categories," said the Spanish researchers.

The paper also found that while 16- to 25-year-olds spend more money on sports than 56- to 60-year-olds, older people spend more time playing sports. Income levels had no effect on athletic participation.

Breaking the gender barrier

A study of 11- to 13-year-olds found that boys who compete in stereotypically female sports as well as stereotypically male sports feel better about themselves than boys who only compete in traditionally male sports.

According to the researchers, "boys who participated in both sports types experienced higher perceived co-ordination, physical activity, sports competence, physical appearance, strength and endurance."

Meanwhile, girls who compete in "male" sports think they're strong, according the study in December's *Journal of Sport Behavior*. According to the researchers, "girls who participated in both sports types reported significantly higher perceived strength than girls who participated only in [female] sports."

The study suggested that only people with high self-esteem would be confident enough to participate in sports associated with the opposite gender.

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World Peace Is In Your Hands
Free presentation on Thursday, January 18 at 7:30 pm in Clearihue A201 with Dr. Ashley Deans, author, international lecturer, expert in Consciousness-Based education and Dr. Guy-Paul Gagne, medical doctor from McGill. Find out how to develop your full creative potential, reduce stress, improve health, increase happiness and create world peace.

Mycological Meanderings with Dr. Richard Winder
Join Richard Winder, director of the South Vancouver Island Mycological Society (SVIMS) on an ecological and identification journey into the world of mushrooms. Thursday, January 18, 2006 at 7pm. UVic, MacLaurin Bldg, Rm D-116. Non member drop-in fee: $2. For more info contact 595-5820 or visit http://www.npsg.ca

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The Environmental Law Club has many upcoming events in October and throughout the year. Please visit www.elc.uvic.ca/club for details on speakers, activities and campaigns as they become available. Thank you. rachelsqf@gmail.com

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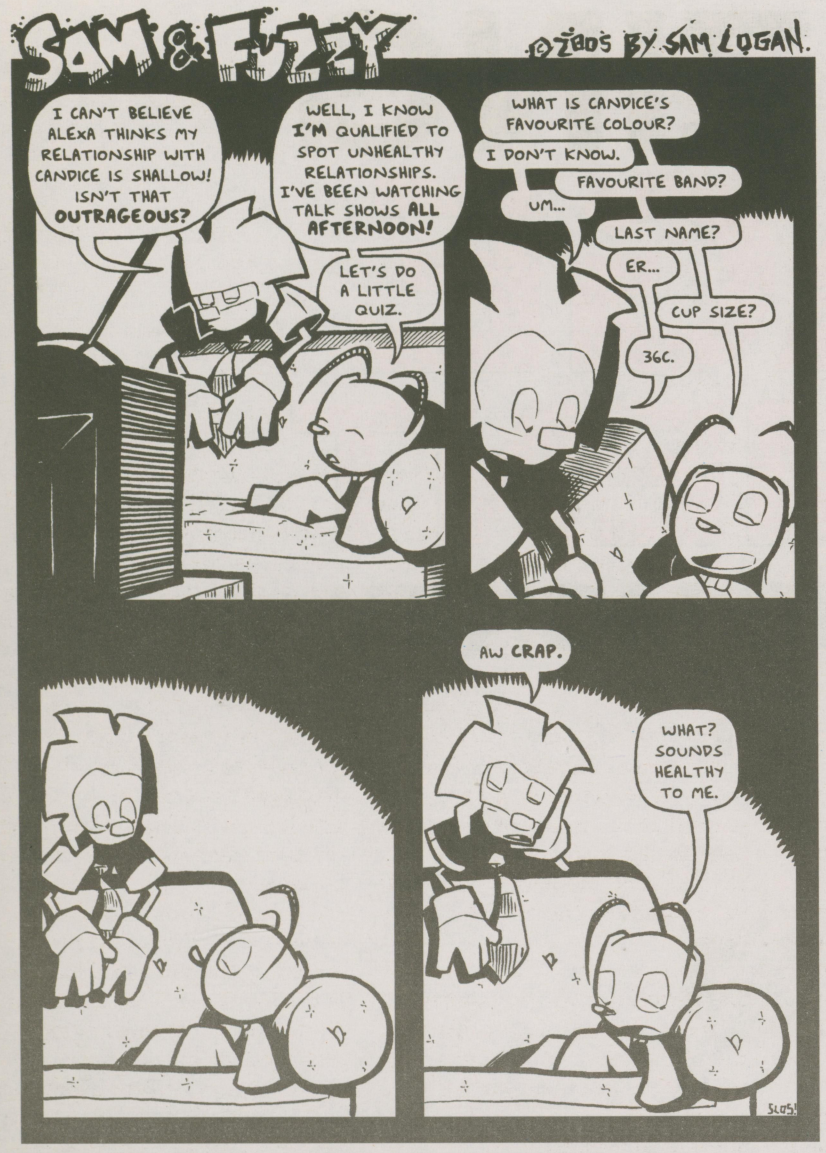

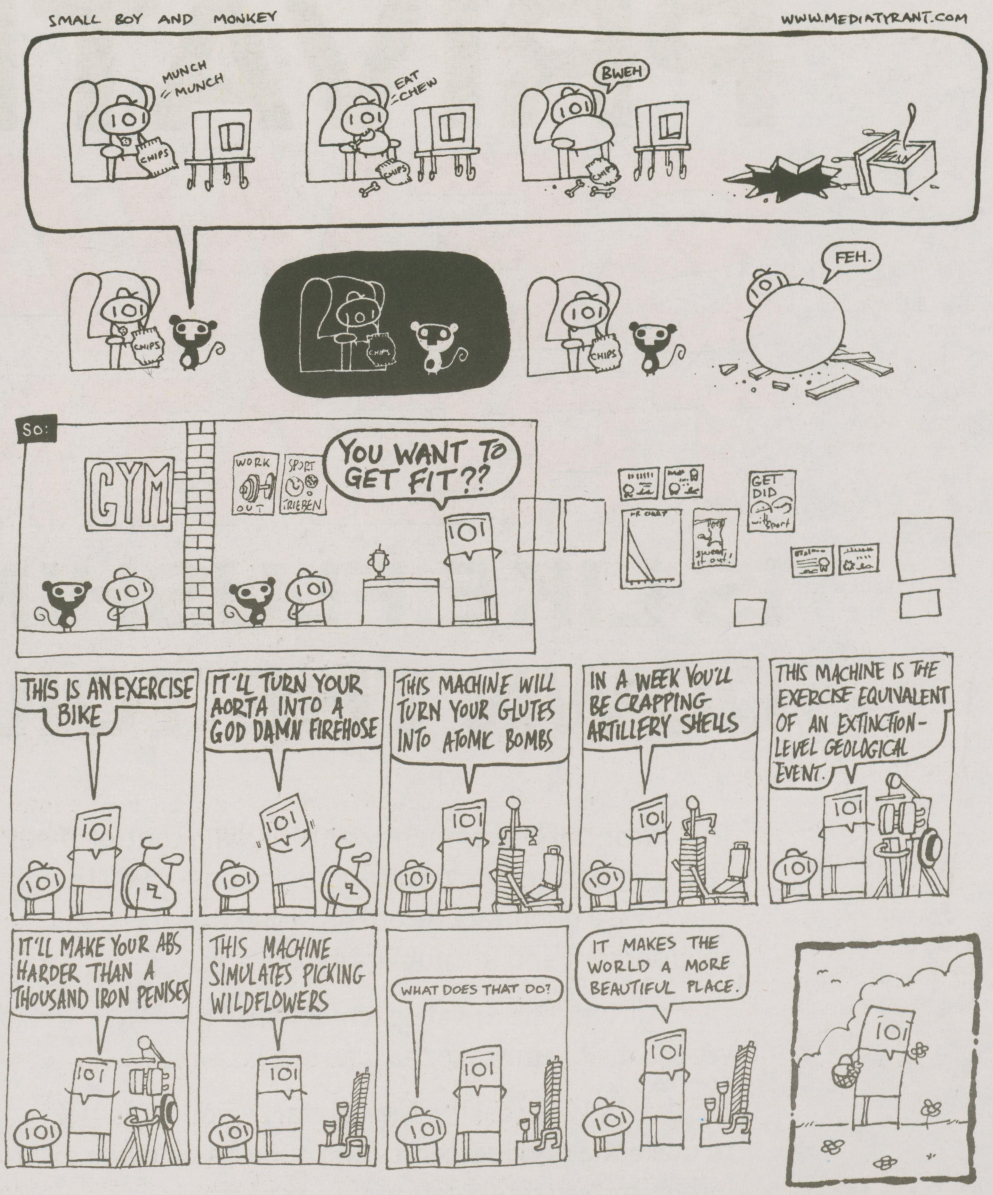

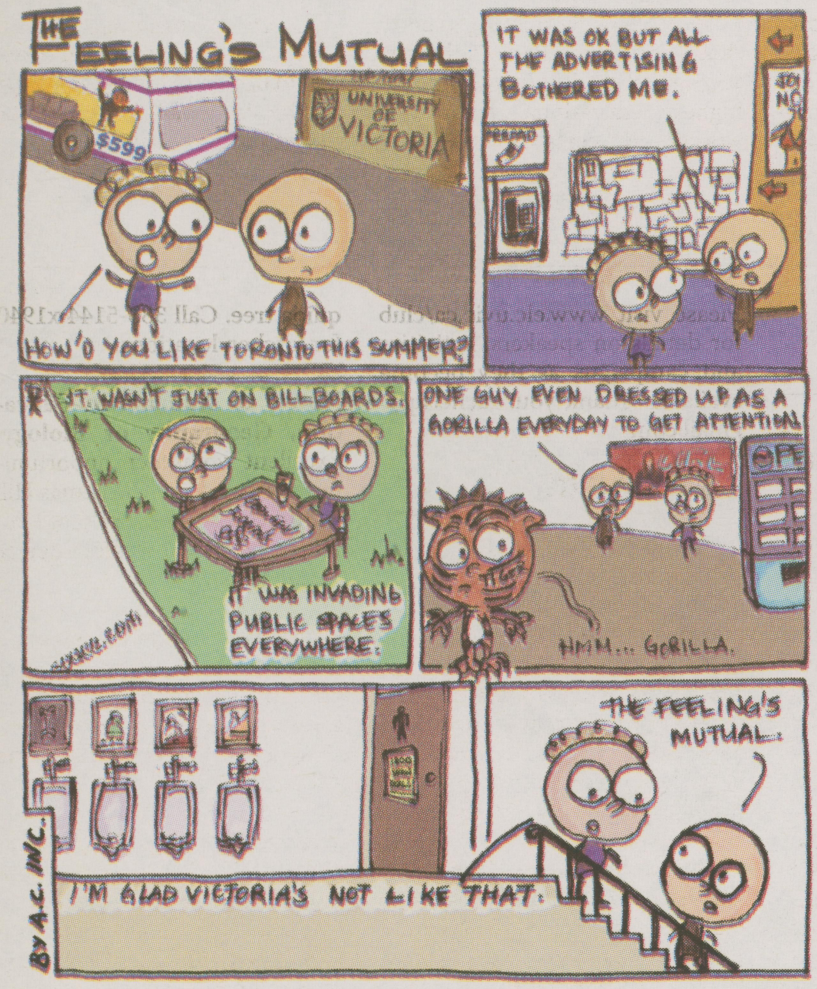

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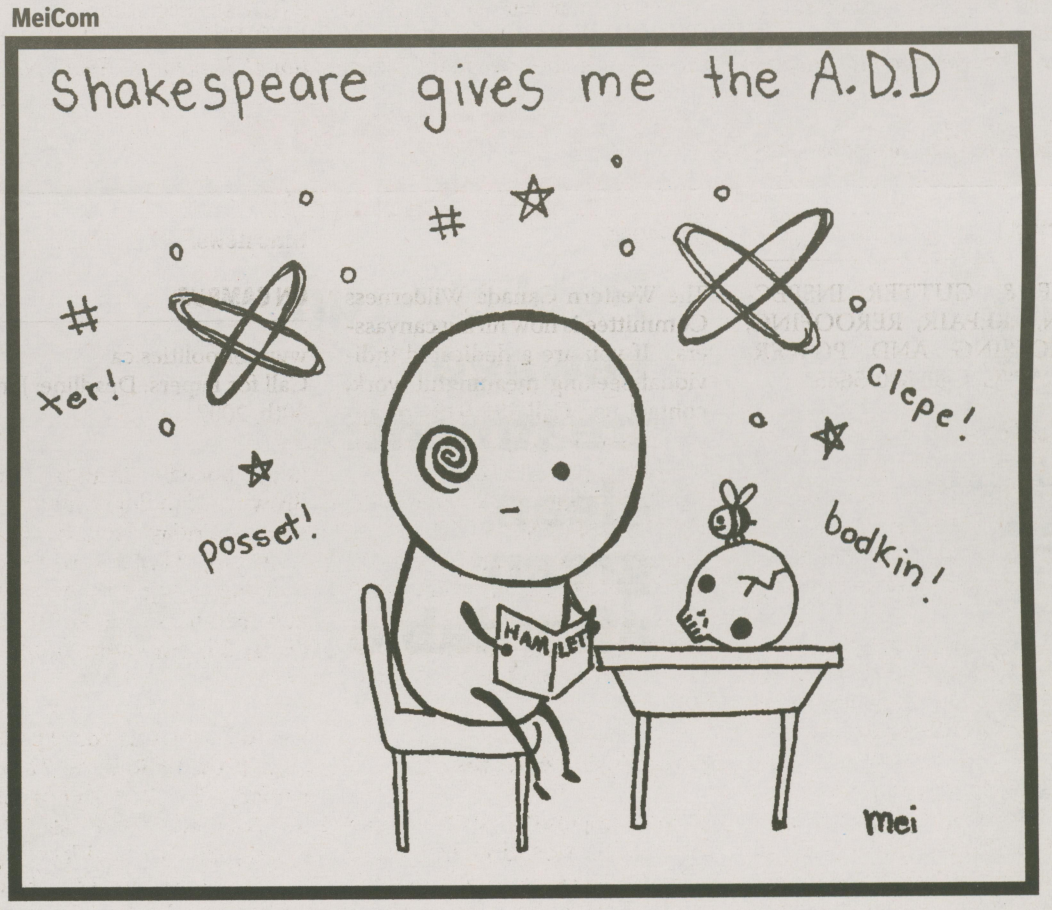
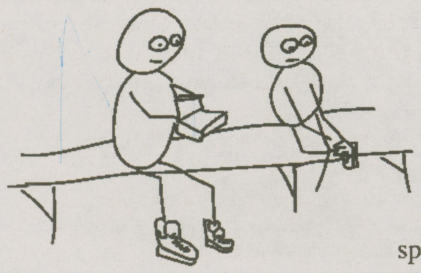


I brought Timbits into the locker room and it was awkward passing them around.



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